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This study has been approved by the Conjoint Health Research Ethics board Ethics ID: REB14-1710



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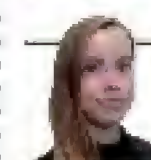


Calgary Flames
Sean Monahan, left,
celebrates his goal
against the Anaheim
Ducks with Johnny
Gaudreau during
the first period in
Calgary on Monday.
THE CANADIAN PRESS

Playoff time on the Mile

NHL

Calgary hockey fans
are excited, optimistic
about team's chances



Elizabeth
Cameron
For Metro | Calgary

When it comes to the playoffs, Calgaryans are optimistic.

Savannah Thompson, who was at National on 17th to take in the game with her mom, said she's excited the party is on home turf this year.

"We're going to win. It's all about positive thinking," she said.

"The energy just really brings everyone together; when it gets busy down on 17th Avenue it's such a community and it's so much fun."

Suddenly a truck full of fans and Flames paraphernalia drives past, honking and hollering at pedestrians. The whole street erupts in cheers — "Go Flames Go!"

Seasoned Red-Miler Jeremy Jose reminisced about a past playoff celebration that he technically wasn't supposed to be at.

"I wasn't supposed to come down, but I ended up on the front page of the paper," he said, sitting alongside friends for a pre-game meal at the Ship and Anchor.

Well, that's the Red Mile for you.

The group had some sage advice for rookies.

"Get to the bar early ... so you get a table," Jose said.

"Come early, pace yourself and book off the next day," his friend Justin Negenman chimed in.

"We're going to get three in a row, I just know it," he added.

THE HEAT IS ON

Flames return home to host Ducks in critical Game 3

Game report metroNEWS.ca More NHL action metroSPORTS

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Out-of-this-world opportunity

SCIENCE

Calgary student off to study exoplanets at Cambridge



Brodie Thomas
Metro | Calgary

Luis Welbanks is about to embark on a three-year mission to explore strange new worlds — to seek out new life and new civilizations.

OK, perhaps not civilizations, but he'll definitely be looking for new life. The U of C master's student in physics and astrophysics will be joining colleagues in Cambridge this fall to help with the cutting edge work of analyzing exoplanet atmospheres.

"This is as close as we have ever been to actually finding life somewhere else and just answering that question: Are we alone? Are we unique in the universe?" said Welbanks. "For astronomy, this is as relevant as it gets."

The 25-year-old student hasn't just earned the chance to work on this most fundamental of questions. He'll be going there on a Gates Cambridge Scholarship worth nearly \$300,000.

The endowment was set up by Bill and Melinda Gates to support students who show outstanding intellectual ability, leadership potential, and a commitment to improving



Luis Welbanks chose to do his undergrad and masters at the University of Calgary. Now he's on to do his PhD in astronomy at Cambridge under a full Gates Cambridge scholarship. ELIZABETH CAMERON/FOR METRO

the lives of others.

Welbanks certainly checks off all three of those boxes. He was the first University of Calgary student to complete a double major in physics and astrophysics in just four years. While at the school, he helped

launch the Latin American Society, and for that work he received the President's Award for contribution to campus quality of life.

Welbanks came to Calgary in 2011 from Mexico to do his undergraduate degrees. He

chose to stay on and do his master's in part because of an extracurricular research program offered by one of his professors, Dr. Rachid Ouyed.

Under Ouyed, Welbanks and other students have been studying quark nova, which

are theoretical explosions of neutron stars, which could lead to the creation of a quark star.

"It's proof for me that we can create such students here in Calgary," said Ouyed. "Having him as a master's student in my group was an exceptional

DETAILS

- Exoplanets are planets outside our own solar system.
- There are about 3,600 confirmed exoplanets known to exist around other stars.
- Most of the planets have been found by NASA's Kepler space telescope, which looks for stars that dim as planets pass in front of them.

achievement for me because he could've gone anywhere he wanted."

Although he'll be working towards a PhD in astronomy, Welbanks won't spend much time peering through a telescope. He and other scientists will be analyzing data collected at some of the world's most powerful telescopes.

"We do a bunch of models and computer simulations," he said. "The idea is we see the spectroscopy of the atmosphere, and we try to make very basic simulations about the air pressure and which molecules could be present."

The scientist in Welbanks knows data is king, but the optimist in him hopes he'll be part of the team that finally spots signs of life.

"With the technology we have, I think that we will be looking at atmospheric signatures that show we're not alone."

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THINGS ABOUT THE CITY'S OPERATIONS IN 2016

Being that we are right in the middle of a downturn, Calgary's financials in 2016 look OK. Shortfalls in some areas were made up by surpluses in others. Coun. Evan Woolley said although the report is a reflection on the tough times the city has been through it's also a window on the strong financial situation. Here's some tidbits from the city's lengthy 2016 annual report:

HELEN PIKE/METRO



THE CANADIAN PRESS

1 Fire expenses 6% higher than budgeted

What happened in 2016? A very big fire — some called it the Beast. Calgary's help to Fort McMurray during the wildfires last year cost a little extra. And more money was needed for the dispatch contract with Alberta Health Services than budgeted.

2 Fines and penalties 16% higher

The city raked in the dough from fines and penalties because of an increase in revenue for court fines.



THE CANADIAN PRESS

3 Fort McMurray

Rebuilding Fort McMurray is expected to bring in indirect economic benefits to the city. Coun. Evan Woolley said the city is expecting to see job creation from the rebuild, which will in turn benefit Calgarians.



JENNIFER FRIESEN/METRO

4 Goods and services revenue down 6%

Transit revenue is down, landfill revenue is down and parking demand is weak, but these figures were offset by higher revenues from water resources. The city has reacted by cutting jobs and landfill hours.

5 Fair entry one window access

The city's one-window fair entry access has changed the way low-income Calgarians access subsidized services.

In 2016, 50,000 citizens used services like property-tax assistance, waste and recycling rebates, no cost spay-and-neuter services and more.




METROLAND MEDIA

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Endangered

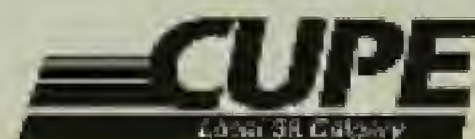
What's really at risk is transparency, the truth and fair treatment of Calgary Zoo employees.

The zoo has proudly announced they have entered into an agreement with the Animal Care Centre of Strathmore.

What they haven't announced is that this agreement means they are outsourcing the jobs of current, well-trained Animal Health Technicians to a veterinary practice that will need to hire and train people to care for exotic animals to replace skilled employees — some with decades of experience.

What's more, they haven't disclosed any of the financial details or reasons around this move.

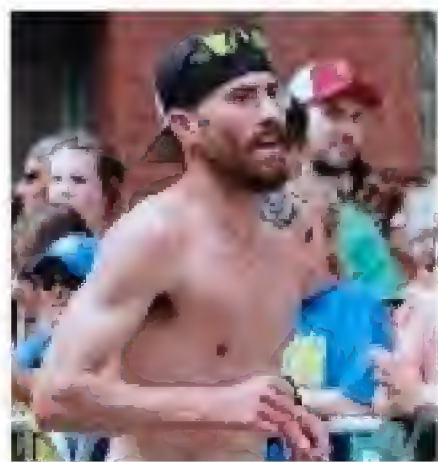
Let's not have facts and best practices fall prey to hidden agendas.



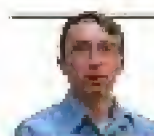
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SPORT

Puzey best Canuck in Boston Marathon



Jacob Puzey. FACEBOOK


Brodie Thomas
Metro | Calgary

Calgary's Jacob Puzey was the first Canadian runner across the finish line at the Boston Marathon on Sunday, and 41st overall. Not bad for a runner who is admittedly still officially an American.

"Canada has been home for the last two years," he said. "My wife is Canadian, my daughter

is Canadian — I'm an aspiring Canadian."

Puzey was 41st overall across the finish line with a time of 2:26:52. While it wasn't a personal best, Puzey said he had to contend with unusually warm conditions on the day of the race, as well as high winds.

"I hadn't run a road marathon for several years so I can't complain," he said.

Puzey's wife Amy and their 11-month-old daughter Ashima

were along for the trip. Amy is also a runner, and the pair work together to keep each other motivated.

"I just ran a marathon a couple months ago — so we have to balance training based on who's got a race coming up," she said. Amy said the crowds were 11 people deep, and she was pushing a stroller, but people let her to the front of the crowd so she could see her husband run past near the finish line.


Jimmy Crowshoe at a vigil for his son Colton in 2014. He says he will never stop seeking justice for his son, who was murdered.

METRO FILE

Crowshoes will always seek justice

DISAPPEARANCE

ASIRT closes investigation into handling of teen's case


Elizabeth Cameron
For Metro | Calgary

In Blackfoot, there isn't a word for goodbye, only one that means "I'll see you later." That provides some comfort to Jimmy Crowshoe, whose son Colton was murdered nearly three years ago, although the family wonders if they'll ever get answers.

The Alberta Serious Response Team (ASIRT) announced last week it had concluded its investigation into the Calgary Police Service's (CPS) handling of Colton's missing person file in 2014 and allegations racial bias was shown by officers towards the 18-year-old a week before his disappearance.

No charges will be laid, even though Susan

Jimmy Crowshoe talking about his son Colton

make things better, but I can't," Jimmy said. "I miss him."

Tanya Johnston, Colton's aunt, said she wasn't surprised to hear no charges would be laid, just deeply disappointed.

"When we found out, I told (Hughson) that today, not only did you let down Colton and his family, but you also let down so many other Indigenous families," she said. "Because now we know — we're still on our own in this system."

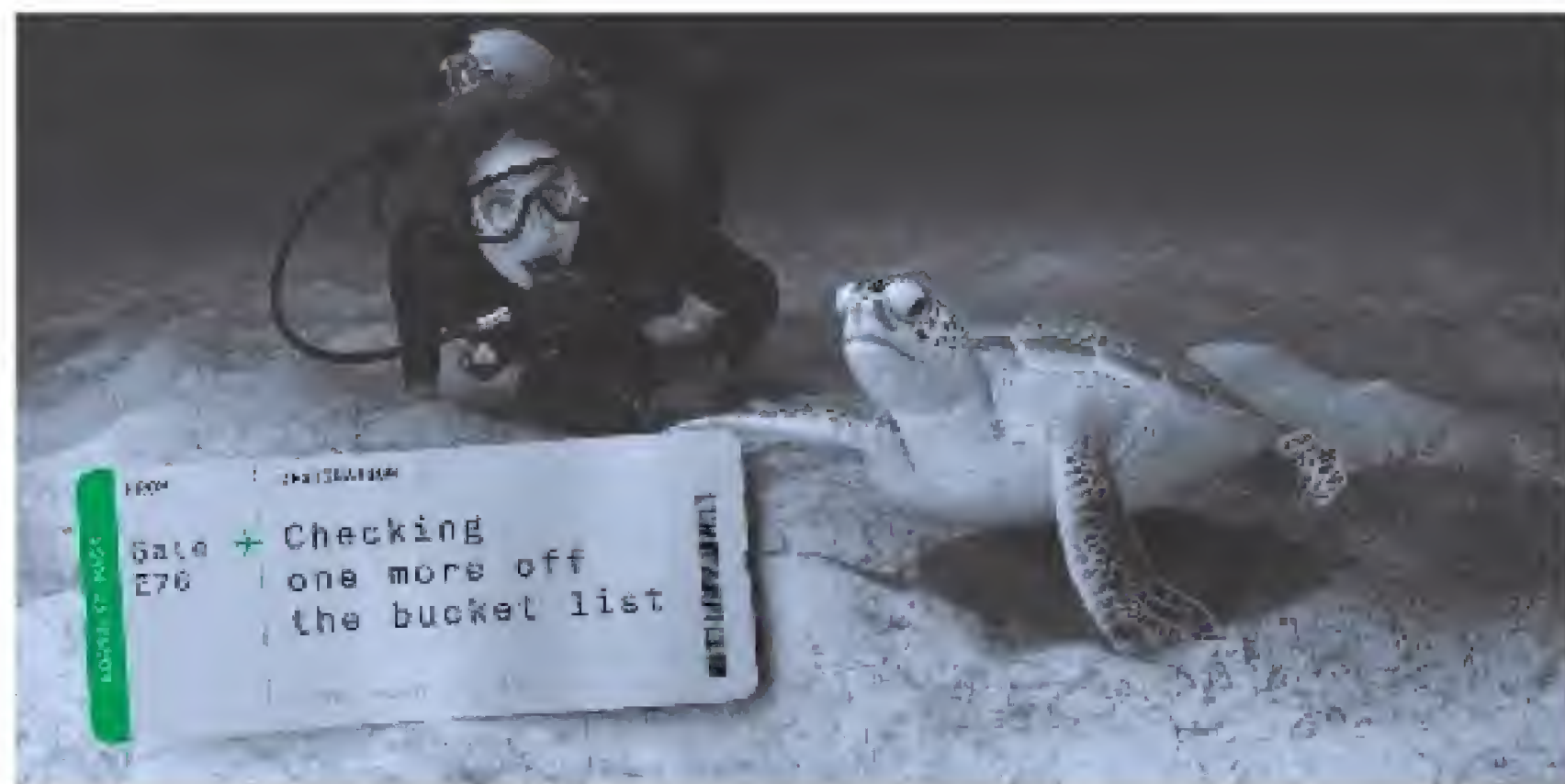
Even more disappointing, the outcome of the investigation had been leaked to the media before the family had officially been informed, according to Johnston.

"We were all in shock. The meeting wasn't even over and they're already out there with the story," she said.

Jimmy said he'll never give up trying to get some kind of justice for his son.

"We're angry. We're sad. We don't know what to do," he said. "I just want the guy who did this to Colton to stand up instead of being a mouse and be a man."

He's immensely proud of Colton for graduating high school and said he was always trying to make others happy. "He was a really good kid, even if they don't know it," Jimmy said.



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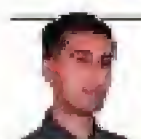
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Deconstructing the Devil's Playground

COMIC EXPO

Documentary explores origins of one spooky Calgary myth



Aaron Chatha
Metro | Calgary

There's a familiar legend passed down through Calgary's youth — a school burned down at the turn of the 20th century, killing the students inside.

Now those kids have come back as ghosts, haunting the school remains and preventing foolish construction workers from ever tearing the building down.

Such is the legend of Devil's Playground.

But Dori Davidson-Revill wasn't satisfied by the legend, which is light on facts (including a concrete location of the



Devil's Playground, an urban legend in Calgary, is explored through the ParaShorts documentary. COURTESY DORI DAVIDSON-REVILL

alleged school).

So, for the past five years, Davidson-Revill has been putting together a documentary on the subject, which will screen at this year's Calgary Comic Expo.

"It was a lot of fun, when we

found something," he laughed. "But a lot of times, we hit dead ends."

Every time he and his crew felt like they had enough solid information to release the documentary, suddenly a new lead would pop up and throw

everything else into question. True believers of the myth often shared the same story. So Davidson-Revill dug deep to find the people truly annoyed by all the questions.

Eventually, he discovered the legend revolved around a historic Calgary family, who had ties to establishing the Calgary Stampede, Elliston Park and pioneers who founded areas like Forest Lawn.

Parts of the legend even connected to Austin, Texas.

In talking to the Ellis family, he was shown historical books and records that finally put the pieces together.

Now, you'll have to watch the documentary to find out where the myth ends and facts begin, but one thing Davidson-Revill promised is that the history of the land is much more interesting than the folklore.

ParaShorts: Devil's Playground screens at the Calgary Expo on the afternoon of April 28.

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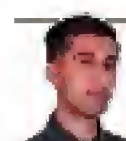


Yolanda Sargeant, with her signature sunglasses, and her group Sargeant & Comrade is one of six Calgary acts joining the diverse Calgary Folk Fest lineup this year. COURTESY SARGEANT AND COMRADE

‘I focus on letting the music speak for itself’

ARTS

Local musician fulfills lifelong goal of joining Folk Fest lineup



Aaron Chatha
Metro | Calgary

The pre-show

It's two minutes until show time and Yolanda Sargeant is breathing deep on the side of the stage. The Calgary musician has been dreaming of performing at Folk Fest since she was a little kid. It's been a staple event in the city so long, she's not alone in her aspiration — except this year, she's made it.

"I know a lot of performers, before they go on stage, think about the audience," she explained. "I think about the task."

the music. It's not about me. I focus on letting the music speak for itself."

She's spent the day practising her set, and seconds before hitting the stage, there's only one part of her pre-show ritual that remains: a pair of iconic, oversized sunglasses.

"I put on the sunglasses and know it will be OK."

Of course, none of this has happened yet. Calgary's Folk Festival isn't until July, but this past weekend officials announced this year's lineup, and Sargeant made the list, with her act Sargeant & Comrade.

And she's already pumped for it.

Folk Fest 2017

Prince's Island Park will play host to some 68 musicians at this year's festival. Rather than compete with Pet-A-Palooza at Eau Claire, the organizers have moved the entire event to the island.

There are some big names coming this year, including Blue Rodeo, the Barenaked Ladies, Coeur de Pirate, City and Colour and a few local acts like Lindi Ortega and Forbidden Dimension.

With artists coming from as far away as Haiti and the Congo, the organizers have put together a very diverse lineup for this year.

"Someone once defined folk music as — it just depends where your folks are from. By its definition, it embraces all cultures. Folk music is often grassroots, but its evolution to more sophisticated performances is one of the things really showcased at the festival," said executive director Debbi Salmonsen.

Like last year, there will be something for everyone from eight to 80 to enjoy, and organizers are setting the same high standard for environmental practices — last year they finished the festival with zero per cent waste on the island.

New this year will be a free concert celebrating Canada's 150, which involves festival artists performing songs from Canada's history.

"Particularly the last 70 years," said artistic director Kerry Clarke. "So you may have a folk artist doing a blues song, or an Indigenous artist doing an old Cape Breton song — or a hip-hop artist doing an Indigenous song."

The post-show

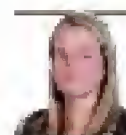
"It's a big relief," said Sargeant. Folk Fest is a blast, but it's also work. Sargeant's already putting together an eclectic set, which runs from soul and reggae to jazz and funk.

But months from now, after the set, Sargeant is looking forward to walking off stage, cheering crowd behind her, pulling back the sunglasses and just kicking it with her bandmates for a few hours.

Because they're her favourite people.

CRIME

Trial of man accused of killing wife begins



Lucie Edwardson
Metro | Calgary

The trial for a man accused of killing his common-law wife and hiding her body in the basement of their family home will begin Tuesday.

Allan Shyback was arrested in December of 2014 — two years after his partner and mother of their two children, Lisa Mitchell, was reported missing — and charged with both second-degree murder

and committing indignity to a body.

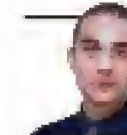
Mitchell, who was 31 at the time of her disappearance, was last seen at her home in the southeast community of Ogden on Oct. 29, 2012.

At the time of Shyback's arrest, police said he and Mitchell had a history of domestic violence, but no one was ever charged.

Shyback lived in the home with the couple's two young children following Mitchell's disappearance.

SPACE

First made-in-Alberta satellite blasts off



Omar Mosleh
Metro | Edmonton

This weather satellite is out of this world — or will be, if a rocket launch scheduled for Tuesday goes to plan.

After seven years, a team of students from the University of Alberta will see their satellite launched into space on Tuesday at 9:11 a.m. It's the first satellite to be entirely built in Alberta.

The satellite — a unit the size of a loaf of bread dubbed EX-Alta

1 — will launch from the Cape Canaveral Air Force Station in Florida and make a stop at the International Space Station before making a journey into low Earth orbit.

AlbertaSat, a team of more than 50 undergraduate and graduate students, is one of the first Canadian university teams to put a so-called cube satellite — in which multiple cubes can be stacked together to make larger satellites for more experiments — into space. The launch will be streamed on NASA Live.

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First for 'river piracy'

YUKON

Once-raging Slims River now shallow and nearly dry

Scientists have witnessed the first modern case of what they call "river piracy" and they blame global warming. Most of the water gushing from a large glacier in northwest Canada last year suddenly switched from one river to another.

That changed the Slims River from a three-metre deep, raging river to something so shallow that it barely was above a scientist's high top sneakers at midstream. The melt from the Yukon's Kaskawulsh glacier now flows mostly into the Alsek River and ends up in the Pacific Ocean instead of the Arctic's Bering Sea.

It seemed to all happen in about one day — last May 26 — based on river gauge data, said Dan Shugar, a University of Washington Tacoma professor who studies how land changes. A 30-metre tall canyon formed at the end of the glacier, rerouting the melting water, Shugar and his colleagues wrote in a study published in Monday's journal *Nature Geoscience*.

The term "river piracy" is usually used to describe events that take a long time to occur,



The ice-walled canyon at the terminus of the Kaskawulsh Glacier, with collapsed ice blocks. The canyon now carries meltwater toward the Pacific Ocean. JIM BEST/THE ASSOCIATED PRESS

such as tens of thousands of years, and had not been seen in modern times, especially not this quickly, said study co-author Jim Best of the University of Illinois.

The scientists had been to the edge of the Kaskawulsh glacier in 2013. Then the Slims River was "swift, cold and deep" and flowing fast

enough that it could be dangerous to wade through, Shugar said. They returned last year to find the river shallow and as still as a lake, while the Alsek, was deeper and flowing faster.

"We were really surprised when we got there and there was basically no water in the river," Shugar said of the Slims. "We could walk across it and

we wouldn't get our shirts wet. It was like a snake-shaped lake rather than a river."

What had been a river delta at the edge of the Slims River had changed into a place full of "afternoon dust storms with this fine dust getting into your nose and your mouth," Best said.

THE ASSOCIATED PRESS

TRAVEL

Air Canada apologizes for bumping boy from flight

Air Canada has apologized to a Prince Edward Island family after the airline bumped a 10-year-old boy from a flight.

Brett Doyle booked four tickets from Charlottetown to Costa Rica for his family last August.

A day before their March break vacation, Doyle said he tried to check in his family online, but he could not select a seat for his son.

After hours on the phone with Air Canada, Doyle's wife drove

to the airport and was told the flight was oversold and their son had been bumped.

The family then drove to Moncton to catch a different Air Canada flight to meet the Costa Rica flight in Montreal, but when that flight was cancelled they were forced to drive to Halifax and stay overnight in a hotel. Air Canada said in an email it has apologized to the Doyle family. THE CANADIAN PRESS



Shanna and Brett Doyle with their sons, Cole, 10, and Simon, 8. CONTRIBUTED

LEGISLATION

No pot conviction amnesty: Liberals

The federal public safety minister says the plan to legalize recreational marijuana does not include a general amnesty for past pot convictions.

Ralph Goodale says there won't be a blanket pardon for people with records for possessing small amounts of the drug.

The C.D. Howe Institute, a prominent think-tank, has recommended the government consider pardoning people convicted of pot possession — and drop any outstanding charges — to free up much-needed resources for legalization.

Goodale notes there is already a formal process to have a criminal record set aside.

Those convicted of simple possession of up to 30 grams of marijuana are eligible to apply for a pardon, now known as a record suspension, five years after their sentence is completed.

An internal Public Safety Canada briefing note, released last year under the Access to Information Act, said the issue of record suspensions would be "important to consider during the marijuana legalization discussions." THE CANADIAN PRESS

IN BRIEF

Warm summer means higher risk of forest fires

Nearly a year after the massive wildfire that devastated Fort McMurray, Alta., a climate scientist says there may be more forest fires in Canada this summer.

"If the forecast's right that it's a warmer than normal summer, we'll probably have more fires," says Mike Flannigan, a meteorologist and professor at the University of Alberta.

THE CANADIAN PRESS

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Police baffled by Facebook killing

CRIME

'I snapped,' said Steve Stephens after killing a Cleveland man

In a rambling video, Steve Stephens said, "I snapped. I just snapped." But as the manhunt dragged on Monday for the man accused of posting Facebook footage of himself killing a Cleveland retiree, police were unable to explain what set him off.

"Only Steve knows that," Cleveland police Chief Calvin Williams said as authorities posted a \$50,000 reward for Stephens' capture in the shooting of Robert Godwin Sr., a 74-year-old former foundry worker.

In the video, Stephens blamed a former girlfriend he had lived with, saying he woke up last week and "couldn't take it anymore." But in a statement Monday, the woman shed little light on what might have gone wrong and said Stephens was good to her and her children.

As for the shooting victim, Godwin appeared to have been selected at random, gunned down while picking up aluminum cans Sunday afternoon after spending Easter with



Steve Stephens
CLEVELAND POLICE



Robert Godwin Sr.
FACEBOOK VIA THE ASSOCIATED PRESS

some of his children.

A manhunt that started in Cleveland's gritty east side expanded rapidly into a nationwide search for Stephens, a 37-year-old job counsellor who worked with teens and young adults, police said.

"He could be nearby. He could be far away or anywhere in between," FBI agent Stephen Anthony said.

Law enforcement officials said his cellphone signal was last detected on Sunday afternoon in Erie, Pa., about 160 kilometres east of Cleveland.

Police reported getting dozens and dozens of tips, and nine schools in Philadelphia were locked down Monday while authorities investigated possible sightings of Stephens. But they said there was no sign he was actually there.

Some of those who know Stephens described him as pleasant and kind, while some said he had a gambling problem. He filed for bankruptcy two years ago.

Godwin's daughter said he was killed while collecting cans in a plastic shopping bag.

"Not because he needed the money; it was just something he did," said 52-year-old Debbie Godwin. "That's all he was doing. He wasn't harming anyone."

She said her father, who had 10 children, was a gentle man.

In the shooting video, Stephens told Godwin a woman's name and said, "She's the reason that this is about to happen to you." The victim did not seem to recognize the woman's name.

The woman Stephens spoke of, Joy Lane, said in a text to CBS that "we had been in a relationship for several years. I am sorry that all of this has happened." THE ASSOCIATED PRESS

“He could be nearby. He could be far away or anywhere in between.”
Stephen Anthony

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TRAVEL

United changes bumping policy

United Airlines is changing a company policy and will no longer allow crew members to displace customers already on-board an airplane.

The change comes after a passenger, Dr. David Dao, was dragged from a fully-booked United Express flight in Chicago because he refused to give up his seat to make room for crew.

Under the change outlined in an internal April 14 email, a crew member must make must-ride bookings at least 60 minutes prior to departure.

United spokeswoman Maggie Schnerin said Sunday the change is an initial step in a review of policies and it's meant to ensure that situations like Dao's never happen again. THE ASSOCIATED PRESS



Demonstrators protest outside the United terminal at O'Hare Airport on April 11 in Chicago. SCOTT OLSON/GETTY IMAGES



WHITE HOUSE A DAY OF FESTIVITIES Children participate in an Easter egg roll race during the 139th Annual White House Easter Egg Roll on the South Lawn of the White House in Washington, D.C., on Sunday. GETTY IMAGES

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Pyongyang not ruffled by tensions

NORTH KOREA

People remain confident amid threat of war

The clouds of war, it might seem, are gathering around the Korean Peninsula.

The North Korean government flaunts an increasingly sophisticated arsenal of intercontinental missiles and launches a midrange version, which apparently fails seconds after takeoff.

The U.S. moves an immense warship to the waters off the peninsula in a display of military might.

President Donald Trump warns he's ready to "solve North Korea," while North Korea's deputy foreign minister says his country will conduct its next nuclear test whenever it sees fit.

And in Pyongyang, where war would mean untold horrors, where neighbourhoods could be reduced to rubble

and tens of thousands of civilians could be killed, few people seem to care much at all.

On Sunday, the city's zoo was crowded, playgrounds were full of children and families strolled along downtown streets speckled with the blossoms of apricot trees.

In a country where the propaganda is all-encompassing, and where the same family has held power for three generations, every display mixed bright flowers with reminders of Kim Il Sung or the nation that his grandson, Kim Jong Un, now rules.

So there were dioramas of Kim Il Sung's birthplace, photos of him meeting foreign leaders, paintings of new housing developments — and models of missiles.

And there was Chong Ok An, a retiree. "We're not afraid," she said.

"As long as we have Marshal Kim Jong Un we can win any fight." THE ASSOCIATED PRESS



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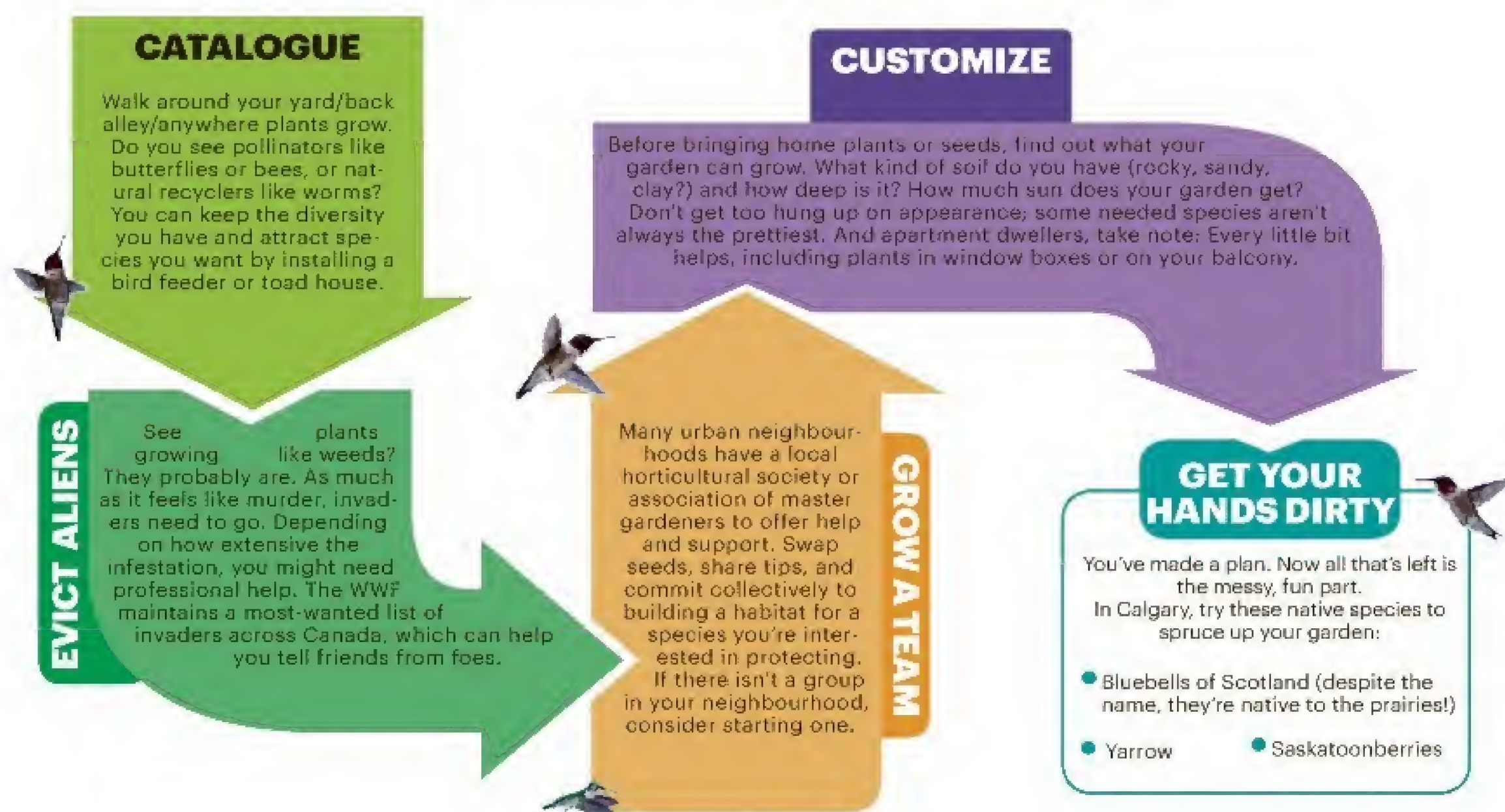


BLUEPRINT by Genna Buck/Metro

Turn your 'hood into a habitat

Cities are awesome places for people, but we share them with animals and plants — and we've been bad neighbours. Two-thirds of the Earth's wildlife has disappeared since 1970, according to the World Wildlife Fund, and urbanization is a big culprit. The situation is far from hopeless, however.

Here's how you can turn your garden, and your whole neighbourhood, into a place native plants and animals can really dig.



PUBLIC WORKS The week in urbanism



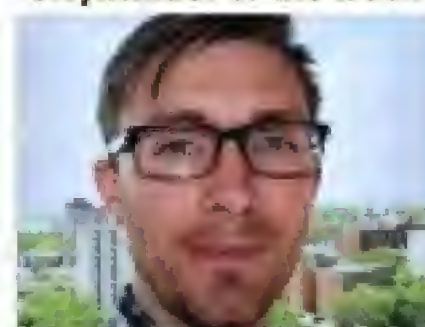
SACRED SUDS

Pope Francis has opened a free laundromat in Rome as a service for the city's homeless. The spot offers the basics, from washers and dryers to irons and detergent. It's part of a series of initiatives, including barbershops and showers, the pontiff has launched to help people on society's margins.

PEOPLE POWER

In San Francisco, citizens fed up waiting for city hall to step in added pylons and planters to an intersection to force cars to slow down when turning corners.

CITY CHAMP Metro's Citybuilder of the week



Paul Bell, a Winnipeg-based urban planning student, just helped launch a weekly meet-up called Urban Brew, where anyone with thoughts on cities can chat urbanism over pints.

@iampaulbell

WORD ON THE STREET by Wanyee Li/Metro

Cities are hiring masters of disaster to tackle tomorrow's troubles



Katie McPherson is one of four chief resilience officers in Canada. VANCOUVER.CA

Four Canadian cities have appointed chief resilience officers, or plan to, this year after making it into the 100 Resilient Cities Network, a project funded by the Rockefeller Foundation.

Vancouver, Calgary, Toronto, and Montreal will have access to millions of dollars worth of support and funding that aims to help urban areas deal with shocks such as natural disasters as well as growing pressures like poverty and

transit vulnerabilities.

The CRO will be in charge of co-ordinating resources and carrying out a resiliency strategy unique to each region.

"We're looking for a respected person who gets the fact that the solutions to these problems are going to come from collaboration," Toronto Mayor John Tory told Metro when that city was announced as a recipient last spring.

Resiliency priorities will be different for every city.

In Vancouver, officials have said housing affordability is on the agenda while Toronto has already pointed to congestion as one of the issues it plans to tackle.

Both Calgary and Montreal say their resiliency strategies will focus on protecting residents from extreme weather events such as the 2013 Calgary flood.

Vancouver, Calgary and Montreal have already appointed their CROs, all of which are existing civil

servants, including Katie McPherson, Vancouver's manager of emergency management and Calgary's Brad Stevens, the deputy city manager.

Toronto says it plans to fill the two-year position by September.

McPherson says the position will help Vancouver "elevate and share" existing work. It also allows cities to "achieve big pieces of work that we can't do alone," she said when Vancouver announced her appointment.

URBAN DICTIONARY



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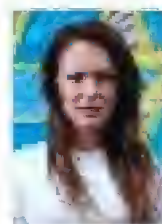
Where Canadian film is headed

It's Canadian Film Day on Wednesday, a time to celebrate our filmmakers and have a hard look at our home-grown industry. We asked some of our brightest: What is the future of the biz? From Bonavista to Vancouver Island, from the Arctic Circle to the Great Lakes, here are their thoughts. **RICHARD CROUSE/FOR METRO**



Very targeted content on digital platforms

"One thing for sure is on-demand and very targeted content," says director April Mullen on the future of CanCon film. "Basically, audiences are dictating on which platform they want to consume content." Mullen, whose film *Below Her Mouth* hits theatres and VOD simultaneously on April 28, says while digital platforms are "not as profitable as I'm sure they might be in the future," she adds that, "there's always room for innovative content, in all forms, and so much is possible for storytellers to breakthrough with the technology available nowadays."



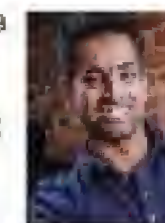
More and better streaming options

"The future," says John Barnard, a Winnipeg based director, "holds the possibility for more and better streaming options that pay for content and are reliable enough to be bankable. People have been saying this for years but now everyone actually has the box attached to their TV." Barnard's film *Menorca* opens April 21. He's pictured here with two of the film's stars, Tammy Gillis and Sheila Campbell.



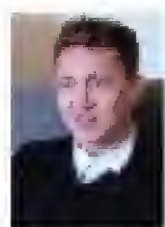
The rise of VOD

"Filmmakers need to abandon the idea of, 'I want my film in the cinema,'" said Amal director **Richie Mehta**. "Now I'm very comfortable if I make a film and it goes straight to VOD." Mehta notes the scope of Canadian film has expanded. Globalization and the accessibility offered by VOD technology has created a borderless audience for our films. "I'm not sure that people around the world know they are watching Canadian films. Which is kind of interesting because people are watching them."



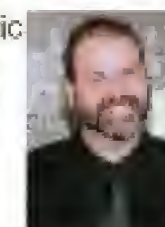
Films on our own terms

Along with a changing distribution system comes a new attitude expressed by Montreal-born director **Joey Klein**, whose film *The Other Half* starring Tatiana Maslany was released earlier this year. "People are making films more on their own terms now; less about the idea of what a movie should be per our neighbours to the south, and more what a film could be given the resources we have."



New metrics for success

Streaming and VOD can expose domestic films to potential new audiences here in Canada and worldwide, offering up new metrics in determining a movie's commercial value. "At an information session this month, Telefilm staff said they will be placing less emphasis on box office as a measure of success," said Maritime filmmaker **Thom Fitzgerald** who directed *Cloudburst*, a 2013 dramedy about an elderly lesbian American couple who move to Canada to get married.



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How to teach kids good money habits

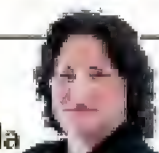


Lay out what you'll be teaching before the lesson, writes Gail Vaz-Oxlade. ISTOCK

ADVICE

Telling your kids what you're going to do helps them

Gail Vaz-Oxlade
For Metro Canada



Have you ever thought about how it's just as easy to learn bad habits as good ones?

Browsing serves a purpose. Unfortunately, in our time-pressured world, we haul our kids in and out of stores, seemingly without purpose, always shopping.

If you never leave a store without buying something, your kids will quickly learn that their purpose in going into a store is to find something to buy. You can't then turn around and say, "Do you think we always have to buy something?" because the answer is, "Yes."

That's what you've taught them. Bad habit. And all because you don't follow the next rule, which is...

Explain everything you're doing. Yes, it can become tedious, so it doesn't have to be everything, just most things. You can't take cash from a cash machine without explaining how it works or your kids will think, "The machine just gives you money."

You can't leave a tip on a table without explaining what

“Complicated rules for how kids can get and use their money are hard to understand and keep straight.” Gail Vaz-Oxlade

you're doing or your kids will think "Mommy forgot money on the table, I better pick it up." You can't go in and out of stores without showing your kids your list or they'll think you're impulse shopping.

The more complicated you make something, the harder it is to deal with. Complicated rules for how kids can get and use their money are hard to understand and keep straight.

Telling your kids what you're going to do helps them create a mind-map of what's going to happen. Ditto teaching them about money. Lay out what you'll be teaching them before you get into the

actual lesson so they know what to expect.

If you're going to teach about allowances, tell them you're not going to get into loans, advances, work for pay or all the other stuff that can make the discussion really complicated, you're just going to be talking about how much, how often, and what they can do with their money.

Routine is your friend. Keep switching the day when you give the allowance and watch your kid eye you suspiciously. Forget to give the allowance and you'll prove you're not trustworthy.

Change the rules on how the allowance can be used based on every new situation and you'll teach your kids you can't be trusted.

And don't give a kid her \$7 in allowance using a five and two loonies. How will she put away her 70-cents for saving, or divvy up money between her planned spending and her mad money?

If you're truthful with your children, you have the right to expect the same from them. But if you lie, obfuscate and only tell part of the story, why would you expect any less from them?

For more money advice, visit Gail's website at gailvazoxlade.com

KIDS AND CASH

Rules for teaching kids about money

- Explain everything you're doing (ex. you can't take cash from a cash machine without explaining how it works).
- Keep a routine (ex. give an allowance on the same day).
- Be truthful. If you lie, why would you expect any less from them?

GAIL VAZ-OXLADE

Everybody's working on the weekend

INTERVIEW

Katrina Onstad on the importance of leisure time

When's the last time you had a truly enjoyable weekend — one free from checking work emails, rushing between appointments and, most importantly, one that left you feeling rejuvenated and ready to take on the week ahead?

In her new book *The Weekend Effect*, available today, Toronto author Katrina Onstad challenges the "cult of overwork" and underlines the importance of taking back those 48 hours of "off" time that have been eroded in an ever-competitive economy and constantly connected world.

Onstad charts about why Europeans are taking the right approach to leisure, how the on-demand gig economy has done away with set work hours and why weekends seem a little more magical when you're younger.

First things first — did you work weekends to finish the book?

This is a very sensitive question. Yes, of course I did. I'm human and I'm a human freelancer, which is even worse, and sadly I did hit some crunch periods with this book where I had to work on the weekend. But I will say in my defence, I would always try and protect some zone of the weekend, so maybe not work on the Saturday but work for several hours on the Sunday and make sure those hours had a start and a stop. I'm guilty though.

When did realize your weekends weren't actually relaxing?



There are a lot of forces at work that have compromised our weekends, says author Katrina Onstad. JOANINCA HAUGHTON

It was a gradual decline of quality on the weekends. There's four of us in my house and we were all feeling burnt out and really had those cliché Sunday night blues. It was not the weekends I remembered from when I was young, when there was so much possibility and we would feel a little bit altered for the better on a Sunday night.

What was it about weekends when you were younger that made them more relaxing?

Well, not having to earn money is great. But I think those great weekends that we remember are usually very social, they involve human

connection and some kind of almost escape from the self, like any kind of activity where you can get into that flow state and really feel like you're a part of something bigger than yourself. So the romance and the potential of the weekend is something that I think you can really feel when you're young and it's important to try and get back into it.

Before crunch time on the book, did you take a cold-turkey approach to reclaiming your weekends, or was it a gradual process?

I don't want to come off as cold, and I think we have to be realistic about our dif-

ferent kinds of obligations, which change week to week. But for me, it's really been about sparking this awareness of my time and investigating my time to see if I'm using it wisely and if not, if diversion is the main substance of my weekend or work is the main substance of my weekend, then I really have to pull back.

In the book, you talk about how Europeans, generally, have a different approach to work than Canadians or Americans. How did that difference arise?

I think in North America, there's always been this work-identified culture —

this is the New World, right? Work and self are really intertwined, and I think that, this is a generalization, but in many developed Western European countries, there's a different relationship to time and maybe not as monetized a relationship to time.

What we've also seen is that governments over there have been quicker to pick up on the downside of work-dominated culture and so you see in France, legislation passed to enshrine the right to disconnect, and Germany has also put in place some of these kinds of initiatives to protect their workers' free time.

We're a bit behind here,

and I think a lot of it has to do with this work-first mentality.

In the book, you write about the "gig economy" and how convenience for people using on-demand services means the disruption of steady work hours for others. How can people such as Uber drivers block off time and reclaim their weekends?

There's been a massive shift in the way people work and I think our institutions really haven't caught up to the humanity that's required for this shift. There was a poll that showed more than 50 per cent of Toronto workers are now doing precarious work, so those kinds of workers are going to have a really hard time finding that conventional Saturday-Sunday weekend.

I think the first thing we need to do as a society is examine how equitable our labour practices are and what we need to improve so that workers are being treated fairly and getting a healthy amount of time off. And then, on a personal level, we probably have to reframe our idea of the weekend so that even if our "weekend" falls on a Wednesday and a Friday, you can be really conscious about not squandering it.

Toronto's such a work-oriented city and I think it's something we really need to examine on a systemic level as well as in our own private lives. It's not just self-help. There are a lot of forces at work that have compromised our weekends and our free time, and if those don't change, then the onus can't just be on the individual, it has to be a sort of a larger social shift towards healthy work habits.

TORSTAR NEWS SERVICE

Gossip Digest PERSONAL BRANDS

CELEBRITY CHILD Beckham daughter gets brand protection

Harper Beckham is only five years old, but her famous mother already is taking steps to protect her brand. Fashion designer and former Spice Girl Victoria Beckham has registered daughter Harper's name with intellectual property authorities in Britain and Europe.



That will make it easier for Harper to market items in her own name and also offer her legal protections if she goes into show business.

The three sons of Victoria and soccer star David Beckham — Brooklyn, Romeo and Cruz — also have their names protected by earlier filings. THE ASSOCIATED PRESS

SUITS

Branding of French presidential hopefuls

Do voters judge a book by its cover? France's presidential candidates certainly think they do, and more than ever are trying to get their political message across through their wardrobes.

Centrist candidate Emmanuel Macron wears suits that cost about 350 euros (\$370) from a small Parisian retailer. Whether



political calculation or lucky coincidence, the move nicely

contrasts with conservative candidate Francois Fillon, accused of elitism for exorbitantly-priced suits paid for by donors, including 13,000 euros (\$13,800) for two recent suits.

Far-right candidate Marine Le Pen favours sombre suits while on the far-left Jean-Luc Melenchon cultivates a tie-free image.

THE ASSOCIATED PRESS

NOTICE OF HEARING FOR: PERMANENT GUARDIANSHIP ORDER TO:

Shelly Ward

Take notice that on the 26th day of April 2017 at 2:00 p.m., at Calgary Family Court, Courtroom # 1505, 601 — 5th Street SW, Calgary, Alberta, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for **Permanent Guardianship Order** of your child born on **March 13, 2004**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Children's Services Calgary Region
Phone: (403) 297-2978

Toronto sellouts are ready to move



Sarah Blakely, husband Curtis and their son outside their three-bedroom home. They recently sold the house for more than \$1 million and now expect to live mortgage-free. THE CANADIAN PRESS

HOUSING

Homeowners are moving in the face of uncertainty

Sarah Blakely recalls feeling some trepidation when she and her husband shelled out more than \$300,000 for a modest 1 1/2-storey house in a less-desirable part of Toronto.

Seven years later, they found themselves on the right side of a hot housing market, with values tripling in a 'hood suddenly considered up-and-coming for young families seeking detached homes.

They recently sold that renovated three-bedroom for more than \$1 million and now expect to live mortgage-free in a four-bedroom purchase in their hometown of Ottawa.

The 34-year-old Blakely says it made sense to cash out of a city that was draining their finances, energy and family time.

"My husband and I saw an opportunity to take advantage of the recent gains in real estate and to move to a less expensive city to live mortgage-free, support our savings for retirement and also to be closer to family," says Blakely, whose new home has nearly twice the square footage.

Other buyers are looking even farther afield, outside of Ontario. It's part of a growing trend of families moving far away from their too-hot housing markets — one that real

estate agents in places like the Maritimes are looking to capitalize on.

Remember that relatively inexpensive Nova Scotia mansion that dominated Facebook last month? Agent Wanda Graves of Eastern Valley Real Estate says it's sparked more inquiries from Ontario, Manitoba, Alberta and B.C. house hunters suddenly hip to Eastern Canada's charms.

Nova Scotia sellers are taking notice, and are marketing to out-of-province buyers now considered increasingly likely to make an offer.

"They know that there are buyers out there and now it's, 'How do we reach them?'" says Graves.

Before selling for \$455,000, the mansion in Newport Landing, N.S., drew more than one million views on her company's website and 36,000 shares on Facebook.

It's a story Vancouver real estate agent Melissa Wu knows well.

Years of record-setting sales saw Vancouver homeowners cash out for smaller markets with more space.

But that changed after the B.C. government introduced a 15 per cent foreign buyers' tax last summer, which Wu says especially soured interest in west Vancouver luxury homes priced at more than \$4 million.

She advises Toronto homeowners thinking of selling to take advantage while they can.

"There's always a shift coming in," she says of this hot market. "Sell before it corrects."

Blakely and her family may

have taken action at just the right time.

Blakely's real estate agent Josie Stern says the Toronto market appears to be cooling, and doubts Blakely could fetch that same jackpot sale today.

"A little bit of air has been let out of the bubble," she says.

Many buyers and sellers are waiting to see what will come of today's scheduled meeting between Finance Minister Bill Morneau, Ontario Finance Minister Charles Sousa and Toronto Mayor John Tory, who are expected to discuss ways to rein in Toronto's hot housing market.

Meanwhile, the Ontario government is promising to announce affordability measures soon.

Stern says some buyers are delaying their purchase in anticipation of possible fixes.

"Buyers have been in such a stressful situation for so long that now they think somebody is going to save them and they're waiting," says Stern. "They've dug their heels in, they're tired of competition and then there's those that are still proceeding, but there's been quite a big pullback from buyers."

Sellers who've bought new homes are rushing to list their old property, she adds, but many are not getting the high bids seen a month ago.

The Toronto market has been astonishing, with the average sale in the Greater Toronto Area skyrocketing last month to \$916,567. That's up 33.2 per cent from a year ago.

THE CANADIAN PRESS

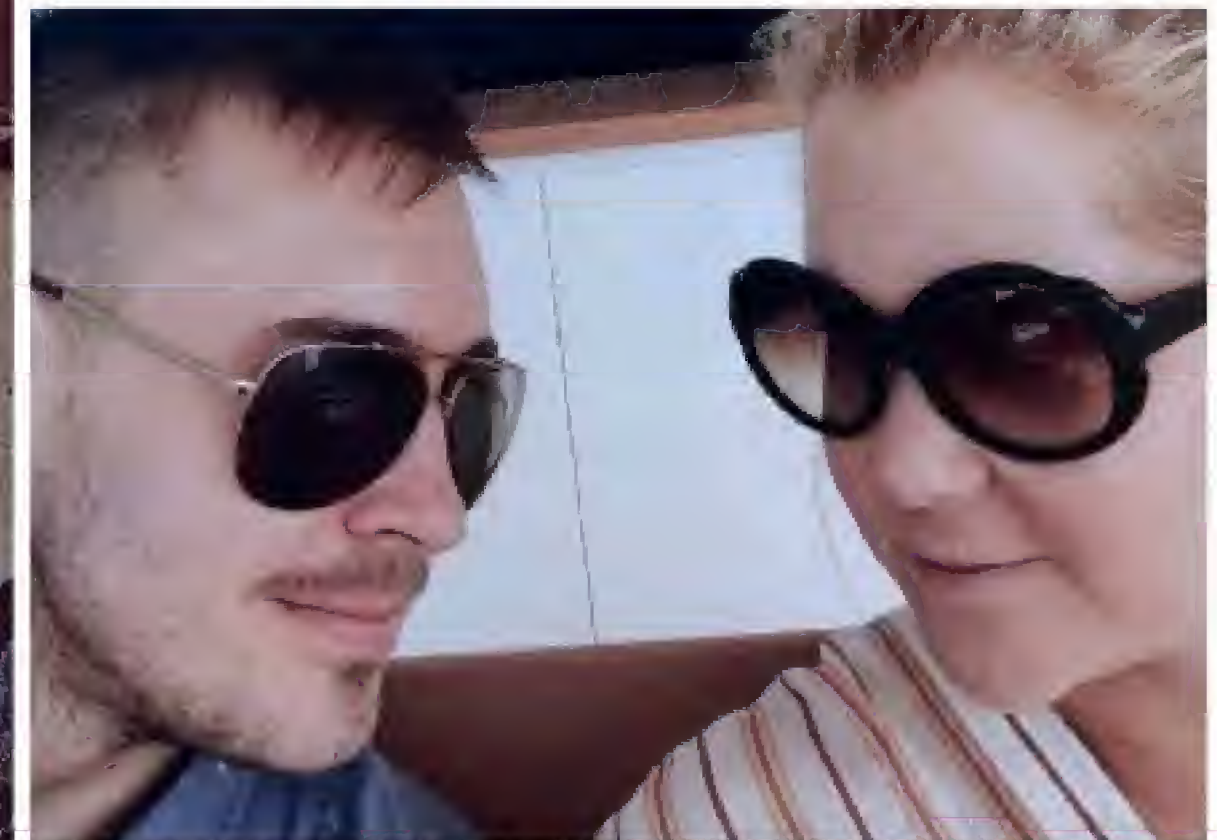
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Amy Schumer met her boyfriend Ben Hanisch on a dating app "that attracted a lot of celebrity members," she wrote in her book, which sounds a lot like Raya. INSTAGRAM

Are you an online dating app VIP?

ROMANCE

Mixing mobile courtship and the rich and famous

Most online daters don't need another reason to feel unwanted in the demoralizing world of mobile courtship.

But now there's a secret stem of invite-only apps the dating majority aren't allowed to join.

Tinder Select, Bumble VIBee, Luxy and Raya are the cafeteria mean girls in the high school of online dating. They operate under exclusive and exclusionary language — their members are VIPs and among the "select" few — because these aren't regular dating apps, these are cool dating apps.

Little is known about their inner workings since access is conditional. On Tinder Select, it appears high rankings in an unknown scoring system is required. On Raya, an immense Instagram following bolsters a first-rate application. On Luxy, a verified income among the one per cent is preferred. These apps represent the growing stratification of online dating in which the beautiful, rich and famous are plucked from the crowd to mingle in their own exclusive circles.

"It's almost like being granted admission into a secret club," says tech analyst Carmi Levy in London, Ont. "No one quite knows what criteria are being

used to decide when that door will swing open, but we all secretly hope that we'll be at the front of the line when that actually happens. So we continue to log in and we continue to do the things that will advance us to the front of that line."

But what will advance users isn't clear, especially where Tinder and Bumble are concerned, since spokespeople refuse to comment. Tinder Select, the newest of the bunch, has been around since at least September. In an online Reddit message board devoted to discussing Tinder, some users wondered what the slick blue "S" meant on their screens and assumed it was an elite version of the app.



It's ... like being granted admission into a secret club

Carmi Levy

It seemed they'd been added to the app unknowingly, based on some hidden algorithm.

"I'll pay anyone \$50 for an invite," wrote one commenter. Another mused: "Isn't this eugenics?"

Tinder Select appears as a special tab on the regular app where users can match with others who have been granted access and nominate friends, according to screenshots that have circulated online. They can also

switch back at will to the regular pool of suitors who aren't part of the in crowd.

Some speculate that Tinder's means of selection might be through the elusive "Elo Score" ranking of a user's "desirability," which CEO Sean Rad told magazine Fast Company does not factor in physical attractiveness or how many swipes right (thumbs up) a user receives.

"It's very complicated," he said. "It took us two-and-a-half months just to build the algorithm because a lot of factors go into it."

On Bumble, the extra tab called VIBee doesn't just expand the app's devotion to this whole bee theme — it's meant as a gift for the "best-behaved users." But like Tinder, it's unclear what that means. Bumble was unable to provide more information, but they call VIBee a curated digital social club. It's relaunching "soon" after a brief hiatus.

There's even an exclusive celebs-only dating app. Musician John Mayer said he doesn't go out much but does "fiddle around on an exclusive dating app," though said app goes unnamed, as it does in *The Girl with the Lower Back Tattoo*, comedian Amy Schumer's 2016 memoir. It was later outed by frank tweeter-model Chrissy Teigen: "It's called Raya," she wrote in July.

Raya, meant for people in the "creative industries," asks users to submit an application to join its dating circle where it's all about who you know. **TORSTAR NEWS SERVICE**

20 Tuesday, April 18, 2017

Culture **metrolife**

How to cope with dating burnout, avoid fatigue

LOVE

Dating can feel like running a marathon with no end in sight

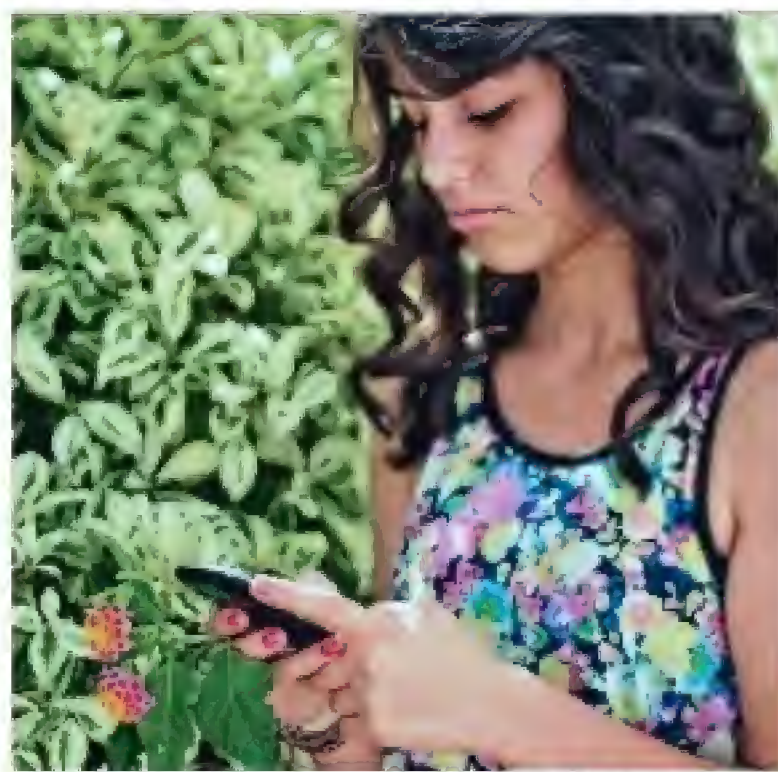
Sofi Papamarko
life@metronews.ca

Do you suffer from Tinder Thumb (like tennis elbow, but caused by furious right-swiping instead of ground strokes)? Does the thought of asking yet another person, "So...what do you do?" send shivers up your spine? Do you feel like you've already gone on a mediocre date with every eligible bachelor/bachelorette in the city — twice?

You might be suffering from dating fatigue.

"Dating fatigue happens when a single person goes on a rapid series of dates or constantly looks for dates online and doesn't meet anyone they are interested in," says dating expert Julie Spira, author of *The Perils of Cyber-Dating*. "As a result, a person with dating fatigue gets disillusioned. (They might come to) believe there are no great single men or women out there."

Communications profes-



It can be best to disconnect to avoid dating fatigue. iStock

sional Alexa Giorgi, 37, is athletic, intelligent, sociable and gorgeous. She has been single for all of her 30s. But her lacklustre love life wasn't for a lack of trying.

"I've been online dating since Lavalife was cool and (have tried) Match, eHarmony, Plenty of Fish, Tinder, Bumble, OKCupid and Coffee Meets Bagel," Giorgi says. "I've tried matchmaking, speed dating, singles events, Meetup, blind

dates — everything!"

But Giorgi was seeing the same people on all of the apps and sites, was regularly ghosted during online conversations and went on dates that felt more like job interviews.

When you're seeking a serious relationship and all of your options are coming up short, dating can feel like running a marathon with no end in sight. The whole experience can be frustrating and

exhausting — it's a strenuous part-time job where actually you lose money (not to mention self-confidence, time, hope for the future, faith in humanity, etc.). Serial dating can legitimately affect your mental and even your physical health.

Sometimes, it's best to disconnect.

Giorgi took breaks whenever she felt her frustrations with dating were affecting her ability to connect with others. She eventually struck a balance that worked for her.

"I was much happier when I wasn't spending tons of time on my phone managing my dating accounts, swiping or messaging back and forth with several people. I would try to only check my accounts once a day (twice at most), focusing on genuine matches." In other words, quality over quantity.

"It's healthy to take a break from dating if you feel burnout and aren't meeting people you connect with," Spira advises.

Although Spira suggests three weeks, I'd suggest at least a month or two.

Take breaks, but don't give up. Dating is disheartening until it's not. Finding the right person could take a year or two or 10, so be sure to take a few breathers along the way.



JOHANNA SCHNELLER
WHAT I'M WATCHING

Homegrown TV movies in April

THE SHOW: *Into The Forest*
THE MOMENT: The 7 a.m. screening

The power went out and never came back on. The radio played static, then nothing. Their father disappeared, the nearest town is 40 km away and the car is out of gas.

For a time, sisters Nell (Ellen Page) and Eva (Evan Rachel Wood) stubbornly hope things will go back to normal. In their eco-friendly house in the B.C. woods, Nell keeps studying, hoping for university and Eva keeps practising a modern dance for an audition. But eventually, events both gradual and sudden make them face the truth.

Wednesday is National Canadian Film Day 150. In honour of the big birthday, the organization Reel Canada compiled a list of the 150 essential-viewing Canadian movies and set up 1,500 screenings nation-wide, plus another 100 around the world at embassies, consulates and military bases. As well, a dozen broadcasters will be airing Canadian films throughout the day. (Find the schedule at canadianfilmday.ca). *Into The Forest* airs Superécran on April 19 at 7 a.m.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Evan Rachel Wood and Ellen Page star as sisters struggling for survival in *Into The Forest*. CONTRIBUTED

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Wolverine is one of us

Sean Plummer

Though he was conceived at Marvel's New York headquarters, comic-book and Hollywood anti-hero Wolverine is a Canadian legend.

Portrayed by Australian actor Hugh Jackman in the various X-Men movies (including the apparently final one, *Logan*, released this past March), the X-Man with the adamantium claws and affection for flannel is a rough-and-tumble Albertan more at home in the Canadian Rockies than fighting super-villains.

Wolverine started as a non-descript character introduced in the final panel of 1974's *Incredible Hulk* No. 180. It wasn't until British-Canadian artist John Byrne took charge that he became the sullen badass he is.

Born James Howlett in the late 1880s in Cold Lake, Alberta, the future X-Man discovered his mutant abilities (retractable claws, a healing factor that makes him virtually immortal) after a tragic accident. Indeed, tragedy defines Logan, making him a Canadian in touch with both his inner hockey goon and his inner Leonard Cohen.



The future Wolverine was born as James Howlett in Cold Lake, Alberta. THE ASSOCIATED PRESS FILE PHOTO

Our currents are very strong

The five-kilometre stretch of water known as Seymour Narrows is one of the most powerful in the world.

Located along B.C.'s Discovery Passage, Seymour Narrows was for centuries a sailor's nightmare thanks to some of the world's strongest currents and Ripple Rock, a twin-peaked underground mountain that was hellish to navigate.

The mountain was levelled in 1958, though the currents continue to challenge boaters and thrill-seekers.

SEAN PLUMMER



The Seymour Narrows in B.C. are one of the most powerful narrows in the world.

TORSTAR NEWS SERVICE FILE PHOTO



ISTOCK

Boldly go to Alberta

Given that it was incorporated in 1921, Vulcan, Alberta, wasn't named for Mr. Spock. It was named for Vulcan, the Roman god of fire, rather than Leonard Nimoy's highly logical Star Trek character. But the tiny

town has capitalized on the connection, making Star Trek-related tourism a key local industry. This includes a giant replica of the USS Enterprise and a Star Trek convention each July called Val-Con. SEAN PLUMMER



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BioBlitz Banff 2017

April 22, 8:00am – 4:00pm

Celebrate Canada's 150th birthday by supporting amphibian conservation in Banff National Park. Join the research team as a volunteer BioBlitz participant.

Register for free on Eventbrite.

BioBlitz 2017 de Banff

Le 22 avril, de 8 h à 16 h

Célébrez le 150^e anniversaire du Canada en appuyant la conservation des amphibiens dans le parc national Banff. Joignez-vous à l'équipe de recherche en tant que participant bénévole à l'activité Bioblitz.

Inscrivez-vous gratuitement sur le site Eventbrite (en anglais seulement).



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At Mount Royal University, there are more than 1,000 courses and 100 certificate and diploma programs offered in the continuing education program.

Courses can be taken year-round and registration is open for spring and summer.

Many courses are offered in the evenings and on weekends.

If you're looking to upgrade your skills and take the next step in your career, consider a range of courses in business, project management, leadership, marketing and communications, social media, human resources, technol-

ogy, and more.

MRU courses are taught by industry professionals and will help ensure you're up-to-date with industry practices.

Many of the certificate and diploma programs are ideal for those looking for a fresh start, who wish to transition into a new career.

The occupational programs in massage therapy, personal fitness training and funeral services will provide you with the skills and credentials you need to move ahead.

If you're planning to travel, consider introductory language courses or study to teach English as a second language in the Languages Institute. Or, if you want to pursue your passion, consider courses such as photography, floral design, interior decorating and Feng Shui.

These courses may also open doors for a new career opportunity.

With in-class and online course options, flexible delivery times and high instructor-to-student ratios, MRU Continuing Education is a great step for lifelong learners.

Take a moment to find what's next for you at mru.ca/conted.



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MASSAGE THERAPY STUDENTS SET TO GRADUATE THIS JUNE

Mount Royal University's massage therapy students are rolling up their sleeves to finish off a busy semester.

This June, 40 students are expected to graduate from the two-year diploma program.

In Mount Royal's program, students apply therapeutic massage techniques and adapt treatments to play a part in rehabilitation and pain reduction for a range of health conditions.

"Our 2,200-hour program is comprehensive and integrates courses, research and hands-on learning within a supervised setting," says Gillian Lebel, program coordinator for MRU's faculty of continuing education and extension.

For their research projects, students evaluate the effectiveness of massage therapy on specific client conditions and share that knowledge within the industry.

Students will present their findings at the program's annual public poster presentation event, taking place on April 18 from 1 to 4 p.m. near the East Gate entrance at Mount Royal's main campus.

Hands-on training is a key component of the program; from the student-run practicum clinic to off-site community outreaches, students gain valuable experi-



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ence working with a variety of clients and conditions.

Anyone can take advantage of affordable massages in the practicum clinic, located on campus.

This service is a win-win for both the public and the students as the public can benefit from having an affordable massage while at the same time, helping students put their training into practice.

A one-hour massage is just \$30 and the fees support student scholarships.

Visit mru.ca/massage to learn more about the massage therapy diploma program or to book a massage appointment.

DISCOVER YOUR SECOND CAREER

Like many Albertans, the economy downturn cost Leah Seguin her job in seniors housing management and she was unable to find another.

"School seemed to be the next logical step on my journey to accomplish the goals I have set for myself," says Seguin.

Having wanted to learn about the hotel industry for a number of years, Seguin chose the hotel tourism management program at Academy of Learning Career College.

After meeting with admissions advisors, she knew Academy of Learning was the right place for her.

"After understanding the quality of education I would be receiving, I signed up immediately," says Seguin.

Seguin chose this 34-week program because she would receive two diplomas; one from Academy of Learning and the other from the American Hotel and Lodging Association.

Since starting the program, she says she cannot say enough about the facilitators and their willingness to help their students to succeed.

"They are always available, ready and will-



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ing to assist you," says Seguin.

"I am thankful for their active assistance in my learning."

Once she completes the program, she is looking forward to jumping into the industry with both feet.

"My goal is to become a general manager of a brand name hotel, where I can put all my previous and newly acquired skills into action," says Seguin.

"Working in the hotel and tourism industry; meeting people from all over the world will be an amazing experience."

For more information about this program, visit academyoflearning.ab.ca.

Make meditation part of your life

Those interested in making meditation practice part of their lives will have the opportunity to get started when the Science of Stillness master classes are facilitated on April 29, 30, and May 1.

"The master classes are pre-recorded and presented online by the global guide for Heartfulness, Kamlesh D. Patel, known as Daaji," says Christine Prisland, who has been practicing and training others in Heartfulness meditation for 45 years. "Meditation is a way of developing a relationship with our higher self and that, in turn, helps to balance our lives. We are all rushing around like crazy but a few minutes a day can change your life."

Presented by the Heartfulness Institute, a non-profit, charitable organization that facilitates meditation workshops, the master classes will teach Heartfulness

meditation. What makes Heartfulness meditation unique, says Prisland, is the emphasis on yogic transmission, which helps the spiritual practitioner go deeper into meditation, and has its roots in the Sahaj Marg system, a system of practical training in spirituality.

While the classes will be accessible from anywhere, Prisland says people will also have the opportunity to get together with meditation trainers in designated public locations to view them together.

"The advantage of attending the classes is that you can really enhance the experience by being with others," she says.



ISTOCK

"Making a connection with something so deep in yourself, while others are doing the same, is a beautiful experience."

Classes are free. Visit heartfulness.org/master-class to register or find out more.

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Computer training is a very important factor for current, fast changing workplaces.

It is vital because basic computer skills are requirement for a large number of jobs.

"Almost every office job will require computer literacy," says Anna Mazur, program coordinator, computer training for employment (CTE), Calgary Catholic Immigration Society (CCIS).

"The basic computer skills will allow you to easily navigate different online jobs and to feel more confident. Without basic computer skills, any job can become very challenging."

For more than 35 years, CCIS has been dedicated to the successful transition of its clients into the workforce, by providing a wide range of computer training for employment.

The CTE program has been designed in a way to help learners with a low income to build their computer skills and acquire the necessary information to enhance job opportunities and competitiveness in the job market.

CCIS is committed to the success of its students and the instructors work hard to create a positive learning environment and make sure each students feels comfortable and confident.

Classes run in the evenings from Monday to Friday from 6 to 9 p.m., as well as Saturdays from 9 a.m. to 3 p.m. to accommodate a variety of schedules.

This program is government funded, but participants are still required to pay a minimum fee for many of the courses.

For more information, contact Anna Mazur at amazur@ccisab.ca, or visit ccisab.ca.

Find a career in network systems admin

Every company today is a tech company. Nowadays, if your organization doesn't have up-to-date tech capabilities, you may not be reaching the audiences you need to, or doing business efficiently.

That's why information technology (IT) professionals like network systems administrators and managers are so in demand.

If you're looking for a new career where you can make an impact in an organization, and where your skills are valued and well-compensated, consider making your next career move into network systems.

Organizations in Alberta will be looking to fill about 17,300 positions in the IT industry by 2019, according to a recent labour market report by the Digital Adoption Compass.

As an IT professional, you'll have many skills, including network design, installation, maintenance, and management. You'll help your team troubleshoot technology issues, and you'll help the organization stay up-to-date with the latest



ISTOCK

technological tools.

If you're interested in gaining the skills and experience to get into this rewarding career, start with a program from CDI College, including network and database management, network systems administrator, and network systems management.

These cutting-edge programs are created, updated and taught by professionals in the industry, and will leave you with the practical skills and knowledge to hit the ground running in the field. To learn more about CDI College's technology programs, visit abnetworking.cdicollege.ca, or call 1-800-675-4392.

The importance of field experience

The hands-on experience students gain from practicum placements has become just as important these days as the knowledge gained in the classroom.

Through the practicum portion of the behavioural science (BHS) program at Ambrose University, students benefit in a number of ways and find that it rounds out their education.

"Practicum objectives are significant and consist of enabling students to gain valuable field experience, to be mentored by an expert in the field, to apply classroom learning to real life, to enhance classroom learning by integrating field experience, to gain insight into future career paths and to build relationships with local social service agencies," says Alexandra Sanderson, associate professor of psychology, and behavioural science program chair, Ambrose University.

"More specifically, the outcome objectives for the practicum opportunity cross four domains, that of learning, professionalism, awareness of laws/regulations, and ethics."

The behavioural science concentration and major students are required to take practicum; a supervised practical experience with a community or social agency closely related to the student's interest and



CONTRIBUTED

future plans.

To date, the BHS department has contracts with more than 85 agencies in Calgary and surrounding areas.

Sanderson says many students find employment at their practicum settings after they have completed program.

Currently, many Ambrose students are working at helping agencies across Calgary, including Wood's Homes, Dream Centre, Providence and the Mustard Seed.

For more information about Ambrose's behavioural science program visit ambrose.edu/program/behavioural-science.

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For Robertson College, the addition of a second campus in the city is the sign of success.

The new location is located in south Calgary and is home to the Government of Alberta health-care aide (HCA) and community support worker (CSW) programs.

"Robertson College continues to provide quality, well-trained, health-care professionals and the additional campus will allow opportunity and flexibility to meet student and employer needs," says Cheryl Stock, assistant campus director, Robertson College, Calgary campus.

"Robertson College is proud to announce that we are expanding our health-care aide curriculum to include several new courses to ensure our graduates are leaders in this industry."

The continuing growth at Robertson College and addition of several programs at the Kensington campus – including massage therapy and several IT programs – led to the need for either a larger college or a second location.

"Adding a second location really speaks to the success of our programs and the growth we have seen over the past few years," says Stock.

"By expanding out of our first location, it means people are really seeing the value in choosing Robertson College for their educational needs."

The Kensington campus will remain the home of Robertson's business and IT programs and the new Chinook campus now offers the health-care aide, health-care aide challenge, and community support worker programs.

"We are excited about this new location because it offers large, bright workspaces for students and is close to public transportation and amenities such as Chinook Mall," says Stock.

The new campus also offers easy access, as it is on a main floor and has a kitchen facility available to students.

Along with its convenient new location, the campus provides students with more space to learn through simulations.

"Offering a second location to Robertson students allows us to create a more interactive learning environment for our HCA and CSW students because we now have more room to simulate patient care," says Stock.

At Robertson College, it is important to prepare students for real-life situations through simulations to equip them for the challenges they will face in the field. These simulations also prepare students for the practicum portions of their programs that must be completed to graduate.

The new Robertson College campus is located at 5907 3rd Street SE.

"Anyone interested in touring either of our campuses are welcome to drop by for a tour," says Stock.

For more information about Robertson College, visit robertsoncollege.com/campuses/calgary.

ADVANCE YOUR CAREER AS A LEADER IN BUSINESS

In response to an increased student interest in finance and quantitative courses, University of Calgary's Haskayne School of Business has launched a finance specialization in its executive master of business administration (EMBA) program.

"We see significant interest in this specialization from mid-career professionals who have a strong technical background and are comfortable with the underlying analytics and wish to progress to more senior roles such as leading business units," says Vern Jones, Haskayne's EMBA academic director and senior associate dean, academic.

To qualify for the finance specialization, students complete two finance courses as part of the core curriculum and three additional finance courses as electives. The specialization, Jones says, provides an understanding of financial concepts and models and includes courses on corporate finance, mergers and acquisitions, advanced case study analysis, and derivatives and options.

"There are experiential opportunities integrated through academic and non-academic

programming including, for example, simulations, live cases and executive speakers," Jones says. "EMBA students also have the opportunity to take part in case competitions, such as the Hult Prize and IXL Innovation Olympics."

While all classes in the finance specialization are completed in person, Jones says some professors also choose to augment this class time with tutorials that are delivered either online or face-to-face. Professors bring to the program significant real-world experience and are comfortable engaging diverse, experienced EMBA students through highly interactive classroom-based teaching.

"Most students are working throughout the EMBA program and are therefore able to immediately apply what they learn," he says. "Individuals may transition into a senior general management role, transition into corporate finance or move into the financial services sector."

Towards the end of the 20-month program, students complete an international study tour and are involved in meetings at govern-



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ment embassies, visits with local businesses and Canadian businesses operating abroad, and cultural and historical sites.

To learn more about Haskayne's EMBA finance specialization, attend the program's

information session on May 9 from 5:30 to 7 p.m. at the University of Calgary's downtown campus. Application deadline for August intake is May 29. For more information, visit haskayne-emba.ca.

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under "Explore, About CGS, Admission" for detailed information on our admission process.

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ambrose.edu 1-800-461-1222

Calgary Girls' School supporting innovation

At the Calgary Girls' School, this year has been about innovation.

The Calgary Girls' School (CGS) parent council has supported innovation projects at each grade level to encourage girls to extend their learning.

"As an example, Grade 5 students have explored math through relevant elements like, cooking, dance, travel and art," says Judi Hadden, principal, Calgary Girls' School – a public charter school.

"The Grade 5 teaching team have utilized these learning opportunities to extend mathematical thinking for the students and have supported them to apply their understanding to situations that have meaning."

Hadden says the impact of seeing math used every day has helped the girls to understand that each of them has the capacity to use math and confidently work with numbers.

The school council has also been instrumental in supporting maker spaces at both



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campuses, as well as providing the materials for 3D Printing.

"Girls repairing bicycles, using their understandings to design toys from the Renaissance, creating wearable technology, creating bells and whistles that are activated by their understanding of circuits and predicting flight paths and making model adjustments are all exciting daily participatory activities at CGS," says Hadden.

Hadden says the all-girls environment supports girls to take risks with their learning without fear of being judged.

They do not have tuition fees and every girl in Calgary and surrounding area is invited to join.

For more information about the Calgary Girls' School, attend the open house on May 4, or visit calgarygirlsschool.com.

DISCOVER A NEW CAREER IN FINANCIAL ADMINISTRATION

Every business needs accounting services. If you're detail-oriented and you love crunching numbers, consider entering the field of accounting as an accounting and payroll administration professional.

It's a chance to become a valued and well-paid member of an organization. The financial information you'll be privy to will impact core areas of your organization, so your financial insights will make you a trusted advisor within the team.

As an accounting and payroll administration professional, you'll have the opportunity to enter many different jobs. You could become an accounting clerk, and accounts receivable or accounts payable clerk, a benefits officer, a pay clerk or payroll officer, or a tax return preparer.

All these require bookkeeping skills, and up-to-date software skills including Microsoft Office Suite programs Excel, Word, and Outlook.

When you're working in financial administration, you'll be valued and respected in your workplace. A payroll clerk in Alberta makes a median wage of about \$26 per hour, according to jobbank.gc.ca.



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If you're interested in entering this dynamic field, start by getting the right education. The Accounting and Payroll Administration program at Reeves College is an excellent place to start.

The 43-week program is an immersive experience, allowing you to learn the fundamentals of accounting and payroll administration fast and comprehensively, so you're ready to find a rewarding job right when you graduate.

For more information on the Accounting and Payroll Administration program at Reeves College, visit accounting.reevescollege.ca, or call 1-800-533-1457.

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Session time: 9 am, 12 pm

Masterclass 2

Sunday, 30 April

Rejuvenate. Simplify.

Venue: The Genesis Centre
7555 Falconridge Blvd NE #10,
Calgary, AB T3J 0C9

Session time: 9 am and 12 pm

Masterclass 3

Monday, 1 May

Connect. With your inner self.

Venue: The Genesis Centre
7555 Falconridge Blvd NE #10,
Calgary, AB T3J 0C9

Session time: 10 am to 1 pm



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Keyboarding	24	Saturday: (9:00am-3:00pm) May 6, 13, 20, & 27	\$240
Windows 7 & Internet/Email	12	Tues-Fri: (6:00pm-9:00pm) May 2-5 Mon-Thurs: (6:00pm-9:00pm) June 5-9	\$120
MS Word Foundation	18	Tues-Tues: (6:00pm-9:00pm) April 18-25 Mon-Mon: (6:00pm-9:00pm) May 8-15 Saturday: (9:00am-3:00pm) June 3, 10, & 17 Mon-Mon: (6:00pm-9:00pm) June 12-19	\$120
Outlook	12	Saturday: (9:00am-3:00pm) April 22 & 29 Tues-Fri: (6:00pm-9:00pm) May 16-19 Tues-Fri: (6:00pm-9:00pm) June 13-16	\$120
MS Excel Foundation	18	Mon-Mon: (6:00pm-9:00pm) April 24-May 1 Saturday: (9:00am-3:00pm) May 6, 13, & 20	\$120
Social Media for Employment (LinkedIn, Facebook)	12	Saturday: (9:00am-3:00pm) April 22 & 29 Tues-Friday: (6:00pm-9:00pm) April 18-21 Tues-Friday: (6:00pm-9:00pm) May 2-5 Mon-Thurs: (6:00pm-9:00pm) May 29-June 1	\$120
On-Line Job Search	18	Saturday: (9:00am-3:00pm) April 22, 29 & May 6 Monday-Monday: (6:00pm-9:00pm) April 24-May 1 Saturday: (9:00am-3:00pm) May 13, 20, & 27 Fri-Fri: (6:00pm-9:00pm) May 26-June 26	\$120

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MANY JOBS AVAILABLE IN SECURITY

Security is one industry where there is almost always jobs available, whether they are part time, full time, or contract.

"It is getting into the busy summer season, and there is normally a lot of hiring going on due to the number of visitors to our city and province, as well as major events that occur in the summer months, such as Stampede," says Laura Trettwer, program manager for the Alberta basic security training at Columbia College.

The Alberta basic security training has been designed for anyone over the age of 18 who is looking for work as a security guard, loss prevention worker, alarm responder, patrol dog handler, or executive protection body guard.

There are seven modules included in the course that teach individuals the requirements and skills for working in this field, and prepares them for writing the provincial exam.

A person must pass the provincial exam with 80 per cent or better to be eligible to apply for



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their license.

"Columbia has one of the highest success rates in the province with approximately 90 to 95 per cent of students passing their provincial exam on the first attempt," says Trettwer.

"Our facilitators are experts in the field of security and not only teach the course, but work in security and/or have past experience in policing and military as well."

Columbia offers the Alberta basic security training both in the classroom or online.

For more information, visit columbia.ab.ca.

Build on an existing background or change your career entirely

Sonya von Heyking came to accounting a little later in life after a first "career" as a bartender.

"If I am honest, I chose accounting for the career prospects and was somewhat utilitarian about it: I knew there would always be great employment options," says von Heyking CPA, CA, CIA, director, CPA bridging and accounting instructor at the University of Lethbridge. "I am now on my third career path with my accounting designation and am constantly meeting accounting professionals who are working in non-traditional fields and doing exciting things."

For others who are looking to change course in their careers, the University of Lethbridge CPA bridging program, officially offered as the professional diploma in accounting, is a university accounting and finance credential that enables individuals to build on their existing academic background, no matter the discipline, and either change careers or advance in their current career.

The program is designed for individuals with an undergraduate degree, in any discipline, from Canada or abroad, who are looking to enhance their marketability with a



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university business credential and/or pursue the CPA designation in Alberta.

"Many leadership positions require a certain level of financial and business literacy and by adding the diploma to their competency toolkit, our students enjoy greater success in their next steps," says von Heyking.

All courses are delivered in a classroom setting with professionally (CPA) or academically (PhD) qualified faculty members.

Students considering fall 2017 should apply now.

For more information, visit uleth.ca/management/CPA-Bridging.

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Learning based on participation and discussion

St. Mary's University offers an exciting array of history courses so that students have an opportunity to experience the past across many geographies and time periods.

"Our students come from diverse backgrounds and our small class sizes encourage participation and discussion," says Gayle Thrift, assistant professor, history and interdisciplinary studies and chair, social sciences at St. Mary's University.

"They can share their own personal stories in ways that complement the topics and issues being covered in course content."

For Cara Carter, who is in her final year of the three-year history degree, she decided on the history degree as the prerequisite to the education degree because she had always had an interest in how the past shapes the future.

"St. Mary's is a wonderful institution, and the history program is absolutely amazing," says Carter.

"Classes are involved and often times fairly small, so discussion is a huge part of understanding history, and in that way history comes alive and arguable, rather than remaining purely on the page."



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Once she completes the program, Carter hopes to become an elementary school teacher.

"I am so glad I took the history degree

as the prerequisite because it's made me so aware of how poor history education is in schools throughout Alberta, as a lot of the information I learned through Canadian his-

tory courses that I've taken in university was brand new to me," says Carter.

For fourth year bachelor of arts history major Kristine Leheew, she plans on applying to graduate studies to become an archivist and pursue a masters degree.

"If someone is interested in history, St. Mary's will provide them the support to grow into the career of their choice," says Leheew.

"I have loved how, throughout my time at St. Mary's, I have been constantly challenged; as I am encouraged to think critically and effectively argue my viewpoints."

The history degree offers courses on indigenous history, history and film, the history of war and peace, historical biography, environmental history and more - areas that build on St. Mary's faculty's different specializations.

"Our professors are enthusiastic and bring their individual research interests into the classroom; this energy helps make history come alive for the students," says Thrift.

For more information about the history degrees at St. Mary's, visit stmu.ca/bachelor-of-arts-history.



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Career Boost 2017: Exhibitors' Fair and Panel Discussions

Thursday, May 4, 2017
8:30 a.m. – 3:30 p.m.

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Register for this free event at mycareerconnection.ca

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ISTOCK

Wanting a better future for her children, Marljoy Reyes and her family moved to Canada from the Philippines to start a new life.

After settling in Calgary, Reyes decided to head back to school to get her certification as a health-care aide (HCA).

"When I was young, my dream was to work in any medical unit services and my passion was to take care of people and give them the best care I could," said Reyes.

When searching for a school to gain this training, she landed on ABES (Alberta Business and Educational Services) because of the curriculum offered and hands-on training that students receive.

"I have friends who finished their HCA course here at ABES and they recommended ABES to me as the best school," she says.

The program provides students not only with the Government of Alberta health-care aide certificate, but 12 other certificates as well — including the first aid certificate for health-care professionals, the WHMIS certificate, and more.

These comprehensive certifications, as well as the senior care course in Calgary, ensure that students earn all the necessary qualifications they need to work at any location.

Reyes says she would recommend this program to others because of the quality of education she has received so far.

"ABES will teach you everything you need to learn to be a HCA and help you to be more confident in what you are doing," she says.

Throughout the program, ABES uses an effective combination of classroom instruction and hands-on clinical training to give graduates the confidence and experience they need to enter the workforce.

Once she completes the 21-week program, Reyes is looking forward to putting her skills to work and giving her clients the best quality care she can with respect and dignity.

"I am so grateful and thankful that I enrolled myself in this program," says Reyes.

"It is not about the money that you will earn on the job, but how to give compassionate care (and) help (those) who need it."

By the time Reyes and all HCA students graduate, they will have completed at least three clinical rotations arranged throughout the program.

ABES also works directly with local employers to understand what they are looking for in personal care attendants.

Graduates are fully qualified to work in a hospital, nursing home, group home, care facility, and more.

For more information about this program, or to find out whether ABES is the right choice for you, visit abes.ca.

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Looking for a career change? Visit Career Boost 2017

Career Boost 2017 is Career Connection's first annual career event and has been created for job seekers and those looking for a career change from all educational levels and professional backgrounds.

This is not a career fair but an opportunity for you to explore the transferability of your skills, discover diverse sectors where those skills are valued, learn about business trends, corporate cultures, and the importance of adaptability in today's labour market.

"The intent is to provide job seekers with practical information about transitioning their skills to different industries," says Nicole Dodd, coordinator, Career Connection.

"Our goal is to ensure job seekers gain insight into Calgary's changing labour market, upcoming industry trends and multitude of paths one can take into a career transition."

This day-long event is your chance to seek information and ask questions by visiting the exhibitors' fair and by attending panel discussions centered on different segments of the local economy; retail, tourism, financial services, creative industries, manufacturing, agribusiness, energy, renewable technology, high tech, construction, and the public sector.

This event differs from a career fair in that the emphasis of Career Boost is placed on information gathering, learning about new industries and networking, rather than job seekers going to every booth and asking if they are hiring.

Attendees will also have the opportunity to ask relevant questions to the companies representing those sectors at the exhibitor's fair.

"We believe this event will be (a) unique addition to the landscape of career events in the city," says Dodd.

"Job seekers will learn how to become more adaptable to today's labour market from industry experts from 12 different sectors. Also, they will have the opportunity to ask relevant questions to the companies' representing those sectors at the Exhibitor's Fair."

Career Boost 2017 is a free event funded by the Government of Alberta and takes place Thursday, May 4, 2017 from 8:30 a.m. to 3:30 p.m. on the second floor, North Campus, Bow Valley College.

For more information about Career Boost or to register for this event, visit mycareer-connection.ca.



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CALGARY-ANAHEIM

Versteeg and Perry doing their best to get upper hand

There's been chirping and hacking, plus the odd punch thrown between the players wearing No. 10 in the playoff series between the Calgary Flames and Anaheim Ducks.

The Flames signed Kris Versteeg the first day of the regular season because of the experience he brings. That includes knowing when and how to apply sandpaper on the ice.

So he's matched up well with Ducks forward Corey Perry, who is an old hand at abrasiveness, to provide interesting games within the game.

It's for the best, really, that their conversations during face-offs are not broadcast over the public address system, Versteeg said.

"I'm sure if both of us were mic'd, you guys would have a good chuckle," said the 30-year-old from Lethbridge.

"I'll leave it up to everyone's imagination."

Perry wasn't in the mood Monday to discuss his sparings with Versteeg. But the latter's sentiment about salty dialogue best kept between them elicited a small smile.



The Ducks' Corey Perry and the Flames' Kris Versteeg have been going at each other physically and verbally through two games in the series. HARRY HOW/GETTY IMAGES

"Just playoff hockey," Perry said. "We both are battlers and are up against each other every shift. He plays the left side, I play the right side so every faceoff we're against each other."

"I'm just trying to win puck battles."

In addition to the considerable offence they bring to their respective teams, Perry and Versteeg are steeped in the art of getting under an opponent's skin with verbal and physical jabs.

Drawing a penalty to give your team a power play without ending up in the box yourself is a craft particularly prized in the post-season.

Perry owns a Stanley Cup ring from 2007 and Monday's playoff game was the 100th of his career. Versteeg won a pair of Stanley Cups with the Chicago Blackhawks (2010, 2015) and played his 92nd playoff game Monday.

The two lining up alongside each other magnifies their irri-

tative qualities.

"I can be really annoying, I know that," Versteeg said. "I know he doesn't give up an inch at all. He pretty much knows I won't give up an inch."

"I'm going to keep going at him like that and I'm sure he'll keep coming at me."

THE CANADIAN PRESS

Go to metronews.ca for coverage of Monday's Game 3 between the Flames and Ducks

TORONTO-WASHINGTON

Maple Leafs rally to win latest nail-biter

After snatching Game 2 in double overtime, Kasper Kapanen said the Toronto Maple Leafs would give the Washington Capitals a run for their money.

He was right.

Tyler Bozak scored the overtime winner and Auston Matthews had a goal and an assist as the Leafs pulled in front 2-1 in their best-of-seven series with Washington with a 4-3 win on Monday night. William Nylander and Nazem Kadri (two points) also found the back of the net for Toronto and Frederik Andersen made 23 saves.

The Leafs dug out from a pair of two-goal deficits in the victory, taking unlikely control of

GAME 3 in Toronto

4	3
LEAFS	CAPITALS

a meeting with the Presidents' Trophy winners and perennial playoff disappointments.

Alex Ovechkin, Nicklas Backstrom and Evgeny Kuznetsov all scored in defeat for the Caps while Braden Holtby gave up four goals on 28 shots with Game 4 ahead on Wednesday night.

All three games so far have been decided in overtime.

THE CANADIAN PRESS

OTTAWA-BOSTON

Sens surge to series lead on Ryan goal

Bobby Ryan scored the winner on a power play 5:43 into overtime as the Ottawa Senators beat the Boston Bruins 4-3 on Monday night to take a 2-1 lead in their Eastern Conference quarter-final series.

Ryan tipped the puck past Tuukka Rask off a pass from Kyle Turris. Ottawa was awarded the man advantage when Boston's Riley Nash was whistled for roughing 4:38 into overtime after throwing a punch at Ryan.

It is the second straight game in the series that has gone to overtime, with Dion Phaneuf scoring 1:59 in Saturday's extra

GAME 3 in Boston

4	3
SENATORS	BRUINS

period to send the Sens to a 4-3 victory in Game 2.

Mike Hoffman scored two goals and Derick Brassard added another for the Senators. Craig Anderson made 17 saves.

Noel Acciari, David Backes and David Pastrnak scored for the Bruins while Rask had 28 stops.

THE CANADIAN PRESS

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Conroy's great Ducks tale



FLAMES UP CLOSE

Ryan
Leslie

Whenever you chat with Flames assistant general manager Craig Conroy, you feel like you're getting an all-access pass to the "Hockey Stories Channel," a deeper look behind the scenes about what we love about this game.

Oh sure, there are great story tellers in hockey, but no one makes you feel like you were there, or wish you were, like Conroy. He's one of the NHL's good guys; one of those guys you'd like to just have a beer with. One of those guys who, with more than 1,000 NHL games under his belt, has just about seen it all.

I caught up to ol' No. 24 ahead of Game 1 between the Ducks and Flames in Anaheim. Fitting given that he was instrumental in the Flames last regular season win at Anaheim back in 2004. No Kiprusoff. No Iginla. No chance. That was until Conroy went off for four points while breaking teammate Chris



With over 1,000 NHL games under his belt, Flames assistant GM and former player Craig Conroy has a story for every occasion. RONALD MARTINEZ/GETTY IMAGES

Clarke's nose in the process.

Speaking of Iginla, in this week's Flames Up Close Podcast, Conroy talks about his friendship with Jarome and publicly for the first time, he opens up about how he really felt about Iggy's frosted

tipped mini dreadlocks. Spoiler alert: he didn't care for them.

From there the conversation somehow bounces to tales of his humble beginnings in Montreal. Like the time as a rookie that he

wired a puck off Patrick Roy's head in warmups during an intra-squad game only to be jumped by his teammates on both sides.

Or how in his St. Louis days, he was pals with Jim Edmunds and Mark McG-

PODCAST

Listen to the Flames Up Close podcast at metronews.ca.

wire during the height of the home run hysteria. Or when Mike Keenan said he'd pay for Wayne Gretzky's hotel bill as a form of an apology, only to have the Great One and all his buddies charge everything to his room over the next month or so. How did Iron Mike respond? "He paid the bill. It's Wayne Gretzky, what are you gonna do?", Conroy quipped.

In addition to all the great stories of the past, Conroy also shares what the players are feeling and going through during this playoff series. Some insight you just can't find anywhere else. Yep, Craig Conroy at his finest. A pro's pro, a fan's best friend, and a media darling. Enjoy the conversation.

Ryan Leslie is host of Calgary Flames TV.

NBA PLAYOFFS

Cavaliers double series lead

GAME 2 in Cleveland

117 CAVALIERS
111 PACERS

Kyrie Irving scored 37 points, Kevin Love added 27 and the Cleveland Cavaliers avoided another fourth-quarter collapse in Game 2, beating the Indiana Pacers 117-111 on Monday night to take a 2-0 lead in the series.

After squeaking out the opener by a point, LeBron James and Co. showed more intensity on defence, more swagger in general and won their 10th straight first-round game over the past three seasons.

However, they nearly blew an 18-point lead in the fourth as the Pacers got within four before Cleveland closed it out at the line. James added 10 rebounds and seven assists, but had eight of Cleveland's 19 turnovers.

Game 3 is Thursday night.

Paul George scored 32 and Jeff Teague 23 for Indiana, which showed more fight, but now has a steep hill to climb to get back in the series. The Cavs vowed they would play better after their near-disaster in Game 1 and they backed up their talk, delivering the kind of performance that was routine last season but very rare in 2017. The Cavs still led 109-91 with 6:09 left, but the Pacers ripped off 13 straight points and were within 113-109 when George hit a three with 20 seconds left. THE ASSOCIATED PRESS

MLB

Benintendi raises Sox above Tampa on Patriots Day

Andrew Benintendi hit a go-ahead, two-run single as Boston scored three unearned runs following a dropped throw by second baseman Brad Miller, and the Red Sox beat the Tampa Bay Rays 4-3 on Monday in the annual Patriots' Day game.

Benintendi had three singles in the 11:05 a.m. start, which coincides with the Boston Marathon, and the Red Sox won their third straight after losing the opener of the four-game series.

MONDAY in Boston

4 RED SOX
3 RAYS

Knuckleballer Steven Wright (1-1) allowed three runs — one earned — and nine hits in six innings. He gave up four homers over 1 1/3 innings in his previous start. Rookie Ben Taylor gave up a run-scoring single to

Steven Souza Jr. with two outs in the seventh, then retired Logan Morrison on a bases-loaded flyout. Craig Kimbrel struck out the side in the ninth for a save on the third straight day, his sixth this season. THE ASSOCIATED PRESS

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IN BRIEF

Berdych progresses at Monte Carlo Masters

Tomas Berdych needed two hours and three sets to overcome strong resistance from Russian qualifier Andrey Kuznetsov and reach the second round of the Monte Carlo Masters on Monday.

Berdych, a runner-up at the Country Club two years ago, converted only two of his 11 break points and rallied Kuznetsov 4-6, 6-3, 6-4. THE ASSOCIATED PRESS

Luck's return date not set

Andrew Luck isn't sure when he'll start throwing again and won't set a timetable for his return from shoulder surgery.

The Indianapolis Colts starting quarterback isn't expected to do much — if any — work during the team's off-season workouts. THE ASSOCIATED PRESS

Sunrisers edge Kings XI

Defending champions Sunrisers Hyderabad endured opening batsman Manan Vohra's late charge to beat Kings XI Punjab by five runs in a tense Indian Premier League match on Monday.

Vohra blazed 95 off 50 balls before he was undone by Bhuvneshwar Kumar's fast yorker in the 19th over, as Kings XI were bowled out for 154 after the Sunrisers made 159-6. THE ASSOCIATED PRESS

Ozil and Sanchez keep Arsenal's top-4 hopes alive

Alexis Sanchez and Mesut Ozil secured Arsenal's first English Premier League win on the road in three months on Monday, with the 2-1 victory at Middlesbrough reviving the London club's tough pursuit of Champions League qualification.

THE ASSOCIATED PRESS

MAKE IT TODAY

Spicy Apple Ginger Milkshake



PHOTO: MARIA VIENTER

Ceri Marsh & Laura Keogh
For Metro Canada

- 1 Tbsp pumpkin butter
- 1/2 tsp fresh, grated ginger
- 1 Gala Apple, cut into slices
- 1 tsp maple syrup

Directions

1. Place milk, yogurt, pumpkin butter, maple syrup and apple into a blender and then pulse until apple is finely blended. Add ginger and pulse until blended. Pour and serve.

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Wake up to the smoothie equivalent of a piece of sweet and spicy apple pie.

Ready in 5 minutes

Prep time: 5 minutes
Serves 2

Ingredients

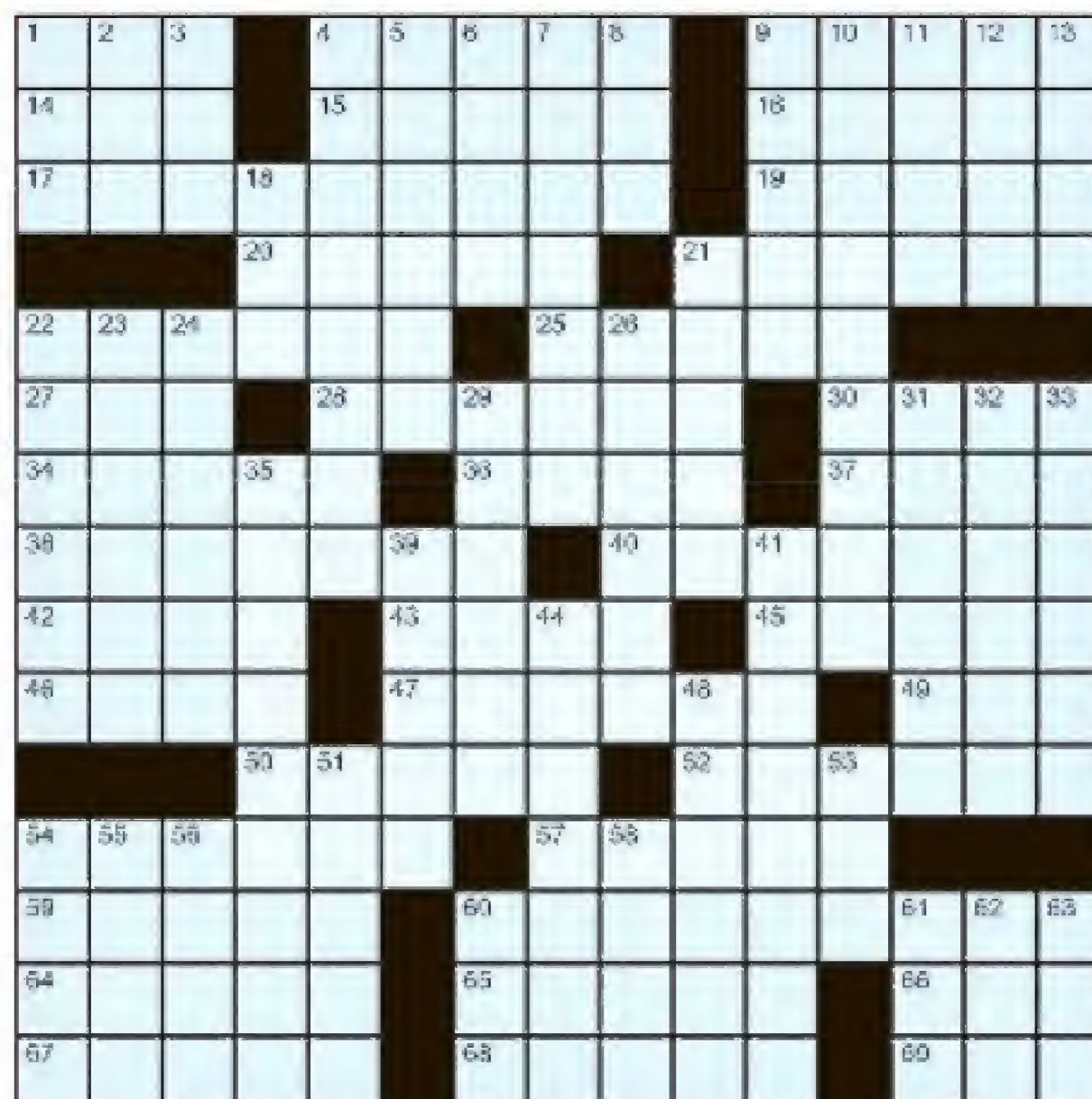
- 1 1/2 cup milk
- 1/2 cup Greek yogurt

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. _ excellence
4. Sea _ (Furry aquatic animal)
9. Hawk's swift descent
14. Alleyway creature
15. Switzerland's variant-spelled capital city
16. Boldness
17. The Alberta town of Vegreville is home to the world's largest what? (2 wds.)
19. Mary-Kate _
20. Gastric trouble
21. : ...and : : :
22. Taxi driver
25. Diminish
27. Garlic, in a Quebec City restaurant
28. Almond fragment
30. Wild guess
34. Looseness in the line
36. _ tide
37. Volcanic flow
38. _ spray can
40. Recorded, as a wedding
42. Traffic jam sound!
43. Quote
45. Looking at
46. Mr. Warhol
47. Newspaper magnate, William Randolph _ (b.1863 - d.1951)
49. Litigate
50. Already-shown TV show
52. One coming up with a new word, say



54. Instigate
57. Upper Fort _ (Historical site in Manitoba)
59. "The Lady in Red" by Chris de _
60. Adorned, such as the Springtime object at #17-Across
64. "My Own Pri-

- vate _" (1991)
65. Full of life
66. "The Wonder Years" actress, Olivia d'_
67. They're owed
68. Portended
69. UK network

DOWN

1. Grand _ , Nova Scotia
2. US driving org.
3. Lefts opp.
4. Pyramid-top pillars
5. Toyota model of yore
6. _-planting ceremony
7. Do a jeweller's work at times
8. Rule, for short
9. Nose-in-the-air type
10. Church- _ Village, in Toronto
11. Approximate-

- ly: 2 wds.
12. Kitchen appliance
13. Writes
18. Jacuzzi, for one
21. Wrist bones
22. Kind of melon
23. Helen, in Ireland
24. Played the radio too loudly
26. Canuck creature
29. Replacing/substituting: 2 wds.
31. The Way philosophy
32. _ Road (Toronto thoroughfare)
33. Tommy Brock, in Beatrix Potter's The Tale of Mr. Tod
35. Writer's concern
39. Rusty hue
41. Dissuaded
44. Hybrid citrus fruit
48. Endeavoured
51. Cultural standards
53. Shag rug
54. Footnote abbr.
55. Hosiery shade
56. Zodiac creature
58. _ wash jeans
60. Tap on
61. Bar bill
62. Musicals lyricist Fred
63. Grumpy's work mate

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a tricky day. You are advised to avoid a showdown with a parent, boss or authority figure. (This includes the police.) Things are too unpredictable!

Taurus April 21 - May 21
Steer clear of controversial subjects like racial issues, politics and religion, because this is a potentially explosive day. Expect travel plans to change or be canceled or delayed.

Gemini May 22 - June 21
Double-check all financial transactions related to wills, inheritances, taxes, debt and shared property. Something might be out of whack. Don't become caught off guard!

Cancer June 22 - July 23
Do not fall into intense discussions or arguments with partners or close friends today. Steer clear of these. In a nanosecond, someone might be overheated or too emotional.

Leo July 24 - Aug. 23
Be patient with co-workers today, because equipment breakdowns and delays can trigger arguments or moments of frustration. Chill out. Be supportive, no matter what happens.

Virgo Aug. 24 - Sept. 23
This is an accident-prone day for your kids so be extra vigilant. It's also a dicey day for romance, so be aware of this as well. Patience is your best virtue.

Libra Sept. 24 - Oct. 23
Small appliances might break down today, or minor breakages could occur. That's because something is going to interrupt your home routine. Be patient with family members in order to avoid

Scorpio Oct. 24 - Nov. 22
This is an accident-prone day for you, so pay attention to everything you say and do. Don't try to convince others to agree with your point of view. Easy does it.

Sagittarius Nov. 23 - Dec. 21
Something to do with your cash flow, money or possessions is unpredictable today. Make sure you know what's happening. Keep your eyes open.

Capricorn Dec. 22 - Jan. 20
Avoid arguments with others today, because this is a potentially explosive day. People are on edge. Plus, unpredictable things are happening! It's a dicey combo.

Aquarius Jan. 21 - Feb. 19
There's an undercurrent of uncertainty to whatever you do today; you can feel it. A lot of other people can feel it as well. Just be cool.

Pisces Feb. 20 - March 20
A powerful person might seek you out today and then lean on you about something. This could erupt into an argument. You don't need this, so run the other way!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	5	9	6				1	3
		8	4	7		6	5	
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			1	8	7			
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			2	3			6	

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